# The Art of Swimming

Frontispiece.

Printed for Jn.° Lever, at Little Moorgate, next London Wall.)
near Moorfields, London.

8 Sp 107 8

# THE ART OF SWIMMING.

Illuſtrated by Forty proper
*COPPER-PLATE CUTS*,
Which repreſent the different Poſtures neceſſary to be uſed in that Art.

WITH

## Advice for BATHING.

By Monſieur THEVENOT.

Done out of *French*.

TO WHICH IS PREFIXED

A Prefatory Diſcourſe concerning ARTIFICIAL SWIMMING, or keeping one's ſelf above Water by ſeveral ſmall Portable Engines, in Caſes of Danger.

THE THIRD EDITION.

*LONDON:*

Printed for JOHN LEVER, Bookſeller, Stationer, and Print-Seller, at *Little Moorgate*, next to *London Wall*, near *Moorfields*. 1789.

30.11.82.
BL

# THE

# TRANSLATOR's

# PREFACE.

OUR Author endeavours to reduce Swimming to an Art, and lays down Rules how to attain it. Without doubt had this been done long ago, and the Theory of it conſidered by perſons capable of improving it, both Natural and Artificial Swimming might have been advanced far beyond what they are at preſent; by Natural Swimming I mean Swimming without any other Inſtru-

ments than what Nature has furniſhed us with; and by the other I mean that with Artificial helps.

The Theory of it (as an Art) has never, that I know of, been thoroughly conſidered by any, although the advantages and conveniences it brings along with it, ſufficiently deſerve it; and the Speculations it might yield, be no leſs delightful than thoſe of ſeveral other Mechanical Arts, and of as much uſe.

To conſider it in its moſt general extent, as the *Evection and Suſtentation of Bodies in Fluids*, and from its firſt Principles, would be neceſſary to make the Theory perfect; in order to which, the following Hints may be ſerviceable to furniſh matter for further Enquiries.

The

The firſt General Conſideration in ſuch a Theory ought to be the Specifick or Comparative weight of Bodies in the reſpective fluids deſigned to practice in. From thence may be obtained a perfect knowledge of the forces required for ſuſtentation and motion. When a Body is of equal weight with a fluid, bulk for bulk, it will ſwim immerſed in that fluid, its upper part even with the ſurface: If it be heavier than an equal bulk of the fluid, it will ſink in it; if lighter, it would float on the ſurface, as much of it being under the fluid as would equal in quantity a bulk of that fluid of the ſame weight with the whole Body. Human Bodies are almoſt of the ſame weight with water; the difference or weight of a Man, wholly immerſed in water, being not above ſix or eight ounces, and leſs in

ſalt-water than in freſh. Thus Quickſilver being above thirteen times as heavy as water, it would be impoſſible for a Man, caſt into a Veſſel or Lake of that, to ſink; on the contrary, the air being 800 times at leaſt lighter than water, it would be very difficult for a Man to mount or fly in that, though perhaps not impoſſible. A Man being thus of near the like weight with water, Swimming becomes ſo very eaſy to him, inſomuch that lying on his back without motion, and holding in his breath he cannot ſink.

The next Enquiry might be, which of all thoſe various motions he is capable of making with his Arms and Legs, are the moſt ſerviceable to the different ways of Swimming. This is our Author's taſk in the following Treatiſe, wherein

wherein he ſhews ſeveral ways and methods of managing one's ſelf upon all emergencies. But to determine the buſineſs perfectly, recourſe ought to be had to Mechanicks, wherein the reaſons of the whole are founded. The action of Swimming in Man, like a Boat with a pair of Oars, is nothing but a motion propagated by *Vectes*, whoſe * *Fulcrums* are moveable; and conſequently all the reaſons of it reducible to that of the *Vectis*, and thence it is eaſy to find out and determine which motions are beſt and moſt expeditious upon all occaſions whatſoever, and to demonſtrate the truth of them. The conſideration of human Bodies, of the management of their Arms and Legs, from the ſame Principles, in other Arts and Exerciſes, ſhew evidently to us the reaſons of ſeve-

* *Fulciments*

ral ſtrange and ſurpriſing actions, as in Wreſtling, Fencing, *&c.* and at the ſame time might give us inlets to further and unthought-of Improvements.

The next place among ſuch Enquiries might be allotted to Artificial Swimming. Beſides the common helps of Cork and Bladders, *&c.* that young beginners make uſe of to learn, there might be invented ſeveral ſmall Machines of different uſes for different purpoſes. How eaſy, and at the ſame time how uſeful, might ſeveral Inſtruments be found out that were very little and eaſily portable, by which one might paſs any River, or eſcape any danger of the water. Girdles of ſeveral ſorts (whereof I hear of one lately invented, and very uſeful) might be made for ſuch caſes, of any Materi-

als

als that are flexible and impervious to the water, ſuch as oil'd Cloths, and ſeveral ſorts of Leather. A Cylindrical Caſe made of oil'd Cloth, and kept open on the inſide by Iron rings faſtened in it at a moderate diſtance from one another, ſo that clapping them together it might go into one's pocket, might be ſo contrived as to tye round one's Waiſt, and faſtened to keep the water out, and that alone would ſave from being drowned.

Several little Machines might be found very diverting in Swimming, to promote Expedition, and make the motions of one ſingle Man in the water ſwifter than any Boat; Contrivances of thin ſmall Planes of Wood with Valves, or otherwiſe ſmall Hinges, faſtened to the Legs or Feet, might be very ſerviceable

to that end and perform the part of Fiſhes Fins.

The Art of Diving is one of the moſt noble and uſeful parts of Swimming, and would deſerve a particular Conſideration in ſuch a Theory. As to the Artificial or Machine part of it, it depends on other Principles beſides Mechanicks. Conſiderations of the preſſure of the Air proportional to the depth, and ſeveral other things beſides the Conſtruction of the Engines, muſt be enquired into, which would be too long to diſcourſe of here.

In fine, Enquiries of this nature would prove very delightful to any one capable of them; and without doubt, improvements might be made equal to expectation, ſince there are certain and infallible grounds to proceed on, and perhaps

haps ſomething or other might happen that would abundantly recompence the time and pains of the Enquirer.

BOOKS *printed for* JOHN LEVER, *at Little Moorgate, London-Wall, near Moorfields.*

1. TABLES of INTEREST, &c. abridged, for the Uſe of Schools, in order to inſtruct young Gentlemen in Decimal Fractions; particularly with reſpect to thoſe uſeful Calculations relating to Compound Intereſt and Annuities. Compiled and corrected by the celebrated *John Smart*, formerly of *Guildhall, London*, Gent. Price 2s.

2. *Tabes Dorſalis*, or the Cauſe of Conſumption in Young Men and Women; with an explication of its ſymptoms, precaution, and the method of cure, &c. &c. By a Phyſician of Briſtol. The 6th edition, embelliſhed with a curious frontiſpiece of a Gentleman and Lady in a deep Conſumption. This book is very proper for all perſons to read in theſe ſickly times. Be careful to aſk for LEVER's Book againſt Conſumptions. Price 1s.

3. *Laugh and be Fat*; or entertaining and diverting ſtories, droll epitaphs, &c. Price 6d.

4. *The Young Men and Maids delight, or Complete Fortune-Teller*: containing Interpretation of Dreams; ſignification of moles; the art of legerdemain, or *hocus pocus*; the wheel of fortune; riddles; epitaphs; conundrums; the ſilent language, method of women to get good huſbands, &c. &c. Price 1s.

5. *The complete Letter-Writer, or Polite Engliſh Secretary*. Alſo to write bills, bonds, agreements, wills and receipts; alſo an Engliſh Grammar. Price *only* 1s.

6. The WAY to SAVE and GET WEALTH, or the ſure Method to live well in the World, being the pleaſant Art of Money-Getting; an entertaining, uſeful, and godly Book, that will make a Perſon happy in this World, and that of Heaven hereafter. Price only 1s. 6d.

# THE

# PREFACE.

*THE Merit or Advantage of any Treatiſe is not always to be decided by the Title. That of this preſent Tract has nothing extraordinary to recommend it; it ſeems only to be calculated for people of mean condition, ſuch as Watermen, Sailors, to whom their Employment has made the Arts of Swimming and Diving in ſome meaſure neceſſary, as alſo for ſome others who make uſe of it for diverſion.*

*But to take a ſtricter and more immediate view of the matter: It muſt be acknowledged, that the Art of Swimming may be of no ſmall Importance to the greateſt Perſonages and moſt elevated conditions of life. It ſeems to have an alliance*

*alliance to the Art of Navigation, which is one of the boldeſt efforts of Mankind: For though the knowledge of the Winds and Compaſs ſeem to guard us from the dangers of Shipwreck; yet notwithſtanding the Arts of the moſt ſkilful Pilots, all Ages have too ſadly experienced the hazards of venturing on the Main, and that there needs recourſe to other helps to avoid thoſe Perils which Navigators are perpetually expoſed to.*

*There is none more preſent to immediate danger than the Art of Swimming: It would be ſuperfluous to inſiſt on thoſe numerous reaſons which might be brought to prove this truth, its ſelf-evidence is more than a Demonſtration. Nor is this Art leſs neceſſary even for thoſe of all Conditions, even though they never venture to Sea. A perſon ſo far from daring to undertake a Voyage at Sea, that he never durſt venture into a Pair of Oars, may (in ſeveral places) be ſuddenly drowned in his own houſe, even then, when he is leaſt apprehenſive of it: He never*

*ver foreſaw the approaching deluge, and if he could have ſwam, might have avoided the fatal conſequence of it. That Traveller who had ſo happily made the Tour of the World, on his return home was drowned in a ſmall River by a ſudden miſchance of his Boat running againſt a Bridge, becauſe he could Swim no farther than to the bottom.*

*But to ſhew farther the advantage of this Art, it may not be amiſs to take notice of what Conſequence it may be in War, and how ſerviceable it may chance to prove to Generals themſelves in the moſt preſſing occaſions.* Cæſar *has left us a very remarkable Example, when finding himſelf on the point of yielding to the Attempt of* Ptolomy *the* Egyptian *King, who had treacherouſly attacked him in* Alexandria, *he caſt himſelf armed into the Sea, and by Swimming recovered his Fleet, with which, returning to reward the Treachery,* Ptolomy *was ſlain, and* Cleopatra *declared Queen of* Egypt. *This ſingle Event is ſufficient to ſhew of*

*what*

*what use the Art of Swimming may be, down from a General to a common Soldier. It is no ways dishonorable to yield to force, when it would be rashness to endeavour to defend one's self; and he that can safely retreat from an imminent danger, where otherwise he would have been necessitated to have fallen a Victim to his Enemies, may be in a condition to return sufficiently provided to revenge himself.*

*In fine, the Art of Swimming was in great esteem among the Ancients. The* Romans *solemniz'd it among their publick Exercises; nay, they incorporated a particular Society of Divers, which they called,* Urinatories. *And* Gruterus *gives us this Inscription of it:*

Patrono Corporis Piscatorum & Urinatorum.

*And there yet remain these Old Characters on one of the Gates of* Rome.

FL.

FL. ANNÆO LEMONI FORTUNATO PISCAT. URINATORI Q. Q. III.

*Every Man of War had its particular Diver, whoſe Charge was to take care of the Anchors and Cables, the ſame with that of our Boatſwains.*

Pliny *tells us in the Second Book of his* Natural Hiſtory, *that they had a method of uſing Oil under water for a freedom of reſpiration, and managing of it ſo, as to make it ſerviceable alſo for lighting them there.*

*According to the Teſtimony of* Elianus, *in the Fifth Book of his Hiſtory, they were uſed to blacken the ſoals of their Feet, and the Palms of their Hands, to avoid the Fiſhes, to whom the gliſtening of thoſe parts in the water give notice. In Diving they went down with the head foremoſt, and turned themſelves under water, holding their breath, becauſe thereby the Body becomes lighter.*

*Some*

*Some would Swim thus the length of Eighty Furlongs together without being perceptible to any one; which is very considerable, and somewhat difficult to believe, each Furlong being* 125 *Geometrical Paces, or* 625 *Feet, so that the* 80 *Furlongs of* Greece *were* $10\frac{1}{2}$ *Miles* Engliſh *meaſure; this ſurprizing force and activity of thoſe Divers ſeems to be a little fabulous.*

*They had for their ſhare the third part of whatever they brought up from the bottom, when the depth was not above eight Feet; and one half, when it was fifteen Feet deep.*

*Their Aſſiſtance was alſo very conſiderable in Naval fights, wherein they cut the Cables under Water of their Adverſaries Ships.* Dion Caſſius *reports in the Life of the Emperor* Severus, *that the* Byzantines, *at preſent the* Conſtantinopolitans, *having been beſieged during three Years, by almoſt all the force of* Greece, *after having in vain eſſayed ſeveral*

*ral Stratagems, at length reſolved to attack their Adverſaries Fleet with their Divers, who cut all their Cables under water, and having faſtened them to ſome Cables of their own Ships, carried off thoſe of the Enemy without their Men, which obliged the* Grecians *to raiſe the Siege.*

*Theſe Divers were not leſs neceſſary in cloſe Engagements, and in Boarding one another's Ships; they would lay hold on their Adverſaries, and together along with them, fling themſelves over-board, and ſo drown them.* Manilius *the Poet, in his Fifth Book of* Aſtronomy, *ſpeaks of a certain* Phocian, *very excellent in thoſe ſorts of Engagements.*

*Both the* Grecian *and* Roman *Hiſtories are full of Narratives of the Undertakings of theſe ſort of Divers. But to come to our times, it is moſt certain that the* Indians, *and the* Negroes, *excel all others in theſe Arts of Swimming and Diving. It is to them the Ladies are obliged for their Ornaments of Pearl; they are the Divers*

*who*

*who fiſh for them ; they are alſo very uſeful for recovering Anchors and Merchandizes that have been caſt away.*

*The* Chineſe *are not much inferior to them in this ſort of Exerciſe, they extremely apply themſelves to it ; they have whole Floating Towns, which they build upon Reeds, and the Houſes joined together, and likewiſe Streets and all other Appurtenances of Towns on Land.*

*I might further enlarge on this Subject, but the brevity I deſign in this Treatiſe, will not admit of a long Preface ; I ſhall conclude with telling the Reader, That this is the firſt Treatiſe of this kind that has ever appeared in the* French *Tongue, nor do I know of but two that have in any other, the one of* Everard Digby *an* Engliſh *Man, whereof I have here made ſome uſe ; the other of one* Nichola s Winman *a* Dutch *Man. I wiſh what I write hereon may be acceptable to thoſe who are curious on this Subject ; and that is the ſole End any honeſt Author*

*Author ought to propoſe to himſelf in what he does, which, whatever it be, deſerves no further applauſe from the Publick, than it is found either uſeful or diverting.*

BOOKS *printed for* JOHN LEVER, *at Little Moorgate, London-Wall, near Moorfields.*

1. THE Life, Adventures, Rencounters, and Wonderful Eſcapes, of Captain Socivizca. Price *only* 6d.

2. The Life, ſtrange Voyages, and uncommon Adventures, of AMBROSE GWINNET, formerly known to the Publick at the Mews gate, Charing-Croſs; containing an Account of his being convicted and hanged in Chains at Deal, in Kent, for the ſuppoſed Murder of Mr. COLLINS, his Uncle; his coming to Life again, and extraordinary Adventures. Price 6d.

*** Be careful to have LEVER's Book.

3. AMUSEMENTS in HIGH-LIFE, or Conjugal Infidelities at this preſent Time; in a ſeries of Letters between Ladies who have diſtinguiſhed themſelves by the multiplicity and ſingularity of their Amours. Price 2s. 6d. with a cut.

Fidelity in Wives is all a Joke,
Whilſt there's a Coffin, Shrubbery, or Oak.
ANONYMOUS.

4. The SECRET HISTORY of BETTY IRELAND, who was trepanned by Beau M———T; the Injury ſhe did to that Gentleman; her turning Proſtitute, *&c. &c.* a Book full of ſurpriſing Incidents in the Life ſhe paſſed through; her Misfortunes, with her penitent and ſudden Death. This Book is a proper Preſent to young People, to deter them from ſuch Scenes of Life that too many of the Young and Gay of both Sexes run into. The ninth Edition, with a beautiful Frontiſpiece of a Scene in gay Life. Price only 6d.

# OF THE

# ART

# OF

# SWIMMING.

*That there is such an Art, as that of Swimming, and what is to be observed before one enters on putting the Precepts of it in Practice.*

WHILE one reflects on those many and frequent Accidents, which through want of Swimming daily happen amongst us; every one is ready to complain of the unhappiness of Man in that respect, in com-

compariſon of other Animals, to whom Nature has indulged that faculty, which he ought to enjoy in a more excellent degree, ſince it is ſo neceſſary to his Preſervation. But if we thoroughly conſider the buſineſs, we ſhall find nothing more unreaſonable than that complaint, ſince without doubt Man would not only Swim naturally like other Creatures, but alſo in more Perfection, and with more Variety both for Pleaſure and Advantage otherwiſe there would not ſo many acquit themſelves that way with ſuch an admirable dexterity and addreſs, as we daily ſee, which ſufficiently demonſtrates, that Man has naturally all thoſe Diſpoſitions which are requiſite and neceſſary for it.

But it may be objected, if Man has naturally all the requiſite Diſpoſitions for Swimming, how comes it to paſs that all Men do not ſwim alike? To this it is eaſy to anſwer (which is beyond all doubt true) that they would Swim all alike without any diſtinction, and all equally ſhare that happineſs, which

as natural to them as to other creatures, were they not rendered uncapable by thoſe internal motions, which they don't ſufficiently make themſelves maſters of as they ought ; ſuch are thoſe motions of Fear, of Impatience, of Precipitation, *&c.* which make them unfit to make uſe of thoſe perfections which they poſſeſs. For teſtimony of this truth, we find that thoſe in all Ages whom their Courage has exempted from theſe natural Remora's, have Swam from their very firſt attempts, and performed extraordinary and ſurprizing actions, which is not uncommon now-a-days among thoſe who imitate them. Of the agility of the one and the other ſort, at length an Art is formed, reducible to certain Rules, ſuch as you will find in this little Tract, and which being put in practice by frequent Uſe and Experience, one may attain to the habit of Swimming perfectly.

This Art, which may be numbered among the Mechanick ones, ſince it is performed by Motion, and the Agita-

tion of the Hands and Feet, has been hitherto exerciſed rather by a rude Imitation, than the Obſervation of any Rules or Precepts, by reaſon no one has taken the pains to reduce it to any; although it has always ſufficiently deſerved it, by the great advantages it brings to thoſe who poſſeſs it, and in general to all Civil Societies, the conſideration whereof ought to have made Men ſtudy to render it more eaſy to be learned, and more familiar to all Men, ſince they may have ſo great occaſion for it. For we ought not to look upon it as people commonly do, *(viz.)* as barely to Swim, turn about in the Water, dive, *&c.* to create admiration in the Spectators of the Swimmer's activity. Its end is far more noble, and the conſequences of it ſo very conſiderable that none ought to be ignorant of it, eſpecially ſince Life itſelf is concerned in it, and the Preſervation of it, from thoſe Dangers to which thoſe are liable who cannot Swim.

To mention ſome few Advantages of Swimming. In Caſe of Shipwreck, if one

one is not very far from the Shore, the Art of Swimming may ſet one ſafe there and ſo ſave from being drowned. In caſe of being purſued by an Enemy, and meeting a River in one's way, you have the advantage of eſcaping two ſorts of death, by gaining the Shore on the other ſide, and ſo eſcaping from your enemy, and from being drowned in the attempt of doing it.

But a good Swimmer may not only preſerve his own Life, but ſeveral others alſo. An open veſſel on the main ſea, in a Storm may be kept from ſinking by a good Diver: Or having loſt her Anchors and Cables, and being ready to be caſt on the Shore, may by him be haled thither, and avoid being daſhed againſt the Rocks, and ſo the Lives of all in it ſaved; and the occaſions of being thus helpful are only too frequent, as thoſe who are uſed to the Seas very well know. By the ſame means one may attack an Enemy poſted on the adverſe ſides of Rivers, and thereby ſometimes gain a Victory. And thoſe places which are environed

by water are no more in ſafety when aſſaulted by ſuch beſiegers.

It is from theſe Conſiderations which we have here mentioned, that the Art of Swimming ought to be eſteemed, rather than from the Pleaſure and Diverſion which is commonly propoſed by it: inſomuch, that beſides the intereſt which particular perſons may gain by learning it, and perfecting themſelves in it; it ſeems worth the while to erect Publick Academies, and eſtabliſh Experienced Maſters in them to teach it, ſince the advantages of it may be ſo conſiderable. It will be found more eaſy to learn than it has ever been heretofore, by obſerving the Precepts here laid down, by which thoſe Difficulties may be avoided which uſe to deter young Beginners.

It may be objected, That of a vaſt number of perſons who are expert in Swimming, there is not one acquainted with theſe Rules, and ſo the ſame Difficulties remain as before. We will agree to the truth of this Objection; but among theſe perſons there may be ſeveral,

ſeveral, who are not only capable of throughly underſtanding theſe Rules as ſoon as they read them, and applying them to what they had before learned by Chance, or Imitation of others; but alſo to improve them, by adding to them what they may have found out by their own Experience, and ſo digeſting and teaching the whole in an eaſy and methodical order. Such perſons ought to be ſought for and encouraged by rewards, and we are perſuaded that if there was any ſuch one expert and dextrous that would publickly profeſs to teach it, he need want no Scholars nor Encouragement.

There is no Seaſon wherein a man may not have occaſion to practiſe the Art of Swimming; but any ſeaſon is not proper to learn it in. That time of the year is (without doubt) the beſt, wherein people follow the Baths, or Swimming for their diverſion, or to retain the habit of it; that is, in the Months of *May*, *June*, *July*, and *Auguſt*, eſpecially in our Climate, where the water is often prejudicial to the

Health at other times. There are alſo ſome Anomalous Years wherein it is not healthful to go into the water at all times in thoſe four Months, as when the Weather is colder than ordinary for the Seaſon, and conſequently the Water. He that learns to Swim, ought to have his Animal Spirits at perfect liberty and command, which cannot be when the more than ordinary coldneſs of the Water forces one even to Shake and Tremble. It would be ſuperfluous to add, That one ought not to go into the Water when it rains, for beſides the Rain (if it laſts any time) chilling the Water, it hinders from Swimming freely, and endangers catching colds by wetting one's cloaths.

The night is alſo improper for this Exerciſe; and weeds that may entangle the feet, are alſo obſtacles among the reſt, that ought to deter any prudent perſon from venturing among them, eſpecially conſidering, that although you have company with you, yet you may be loſt beyond any poſſibility of help.

You

You ought likewiſe to take care that the ſhore (or bank of the river) where you ſtrip, be not dirty, or muddy, that you may not dirt or foul your feet at going out: You ought alſo to take heed where the graſs or weeds be high, for fear of Snakes, or Toads, or other venomous animals, but that it be a plain even turf, neat and clean, that you may keep your feet ſo in returning to your cloaths.

Before you go into the water, you ought to ſee that it be clear, that there be no ſcum or froth on the ſurface, what ſort of bottom it has, that there be no weeds or mud, for one's feet may be entangled among the weeds, or one may ſink into the mud, and the water coming over one's head, remain there, and be drowned. This may happen to the beſt Swimmers, by reaſon that by how much the more they endeavour to diſengage themſelves, they are ſo much the more liable to ſink. The bottom ought to be of Gravel, or ſmooth Stones, ſo that you may ſtand thereon as firmly as on the Earth, and be nei-

ther in danger of ſinking in mud, nor wounding the feet. Care ought alſo to be taken that it be even, and without holes; and above all, that you know the depth, eſpecially when you begin to learn; for as it is then eaſy to tire one's ſelf in ſtruggling and making the firſt efforts, ſo you muſt be ſure that the bottom is not out of your depth, when you have occaſion to reſt and take breath. It is impoſſible to be too cautious when you are alone, and have no one in company that knows the place already; or if you have not ſeen others Swim there in the ſame circumſtances without danger. Moreover, it will not be amiſs to obſerve, That when you have found out a place fit to learn in, that you don't venture any where elſe till you are a perfect maſter of your Art, and till then it will be the beſt way not to exerciſe without a maſter, or ſome one who is very expert in Swimming.

Something yet remains to be obſerved before you enter into the water, in regard to ſtripping yourſelf. If you

ſweat

ſweat when you come to the place you have choſen; or if you have ſweat ſome time before you came, and are not quite cooled, you ought to ſtrip by degrees, and that by walking to and fro on the ſhore, ſo that you may recover a good temperature, and by thus gradually ſtripping, the pores have leiſure to cloſe, and the body become in good condition, to be expoſed to the air without any detriment to the health. After which you may enter into the water, and Swim according to the following precepts.

BOOKS *printed for* JOHN LEVER, *at Little Moorgate, London-Wall, near Moorfields.*

1. THE true ANTI-PAMELA: or Memoirs of Mr. James Parry, late Organiſt of Roſs in Herefordſhire, with the Love Letters that paſſed between him and Miſs Price of the Hill: Alſo his Adventures againſt the Spaniards in the Weſt-Indies. Adorned with cuts, in 2 vols. 12mo. bound. Price 6s.

2. *The Engliſh Hermit:* or the unparalelled Sufferings and ſurpriſing Adventures of Mr. Philip Quarll, an Engliſhman, who was diſcovered by Mr. Dorrington, a Briſtol Merchant, upon an uninhabited Iſland in the South Sea; where he had lived upwards of Fifty Years, without any human Aſſiſtance, and ſtill continued to reſide, and would not come away, &c. Embelliſhed with a curious Plan of the Iſland: with a Portrait of him, and his Servant Monkey Beaufiddle together cutting Wood for his Plantation: Alſo a Map of the Iſland. Price only 1s.

3. The Hiſtory of notorious Highwaymen, amongſt others are the famous Du Vall, Gilderoy, Hinton, Capt. Uratz for robbing Mr. Thynne, &c. Price only 1s. with a curious Frontiſpiece.

4. *Joe Miller's Jeſts, or the Wit's Vade Mecum:* Being a Collection of the moſt brilliant Jeſts, Bon-Mots, and moſt pleaſant ſhort Stories in the Engliſh Language: Many of them tranſcribed from the Mouth of the facetious Gentleman whoſe Name they bear. To which are added, a choice Collection of Moral Sentences, and of the moſt pointed and truly valuable Epigrams in the Britiſh Tongue; moſt humbly inſcribed to the Choice Spirits of the Age. Price only 6d.

# OF THE
# ART
# OF
# SWIMMING.

## I.

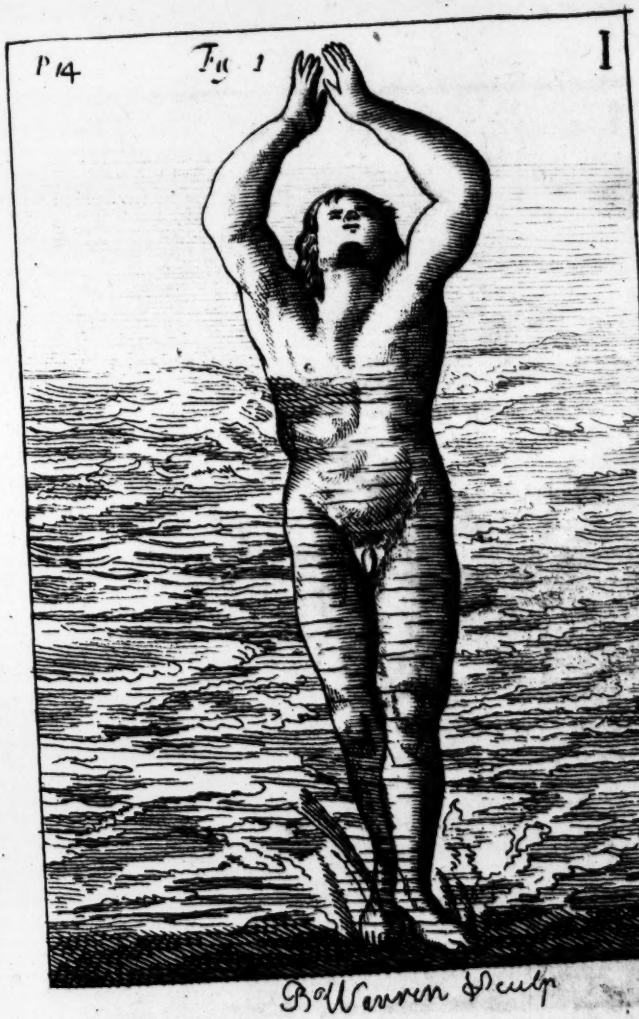
### *Of the Manner of entering into the Water.*

THOSE who do not know how to Swim, ought to enter by degrees, and gently, into the water; but thoſe who are expert, oftentimes leap in all at once, with their feet perpendicular to the bottom, as is re-

preſented in the firſt figure: ſometimes after having walked a little way in the water, they lie along ſtretching out the body and arms, as you may ſee in the ſecond figure. Others holding their right hand, or both hands behind their neck, from the bank caſt themſelves in head foremoſt, ſtriking the water with the calves of their legs one after the other, as in figure 3.

There are ſome who after a ſhort race fling themſelves into the water on their right or left ſide, as in figure 4. Others taking ſeveral leaps towards the bank of the river, at laſt leap in with their feet foremoſt, body upright, meeting the water firſt with their buttocks and calves of their legs, as in figure 5. This way is very ſafe, and the beſt of all.

All theſe ways of entering into the water ſeem to be very well and pleaſant; nor can I find any thing inconvenient in them, except it be, that thoſe who make uſe of them run the hazard of taking in water at the noſe and ears as they go down into it; but that may be


P 14
Fig 1
1
B. Warren Sculp

B L

P.14. Fig.2. I

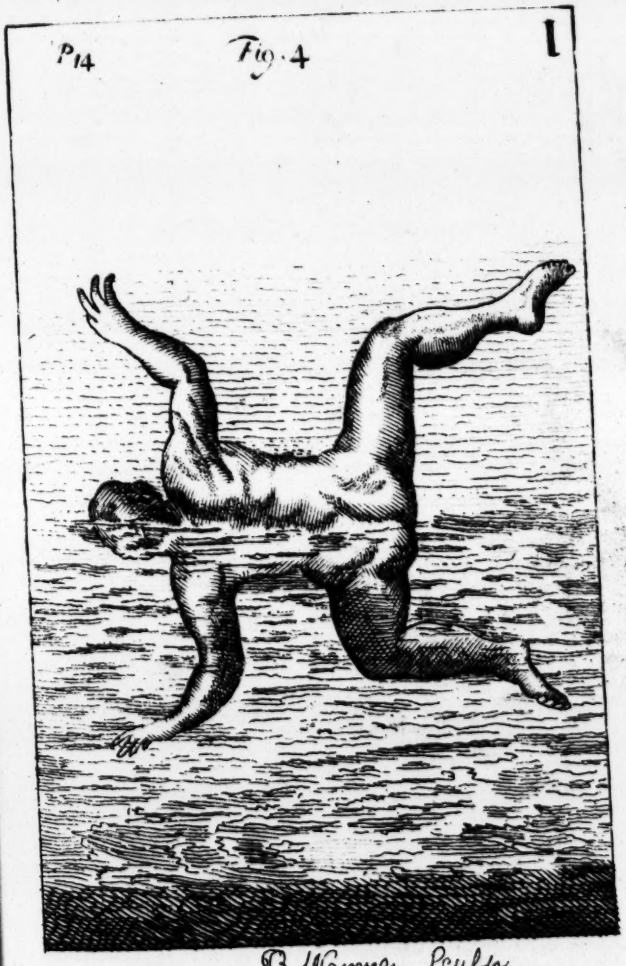
B L

P.14. Fig. 3. I

B Weuen sculp

B L

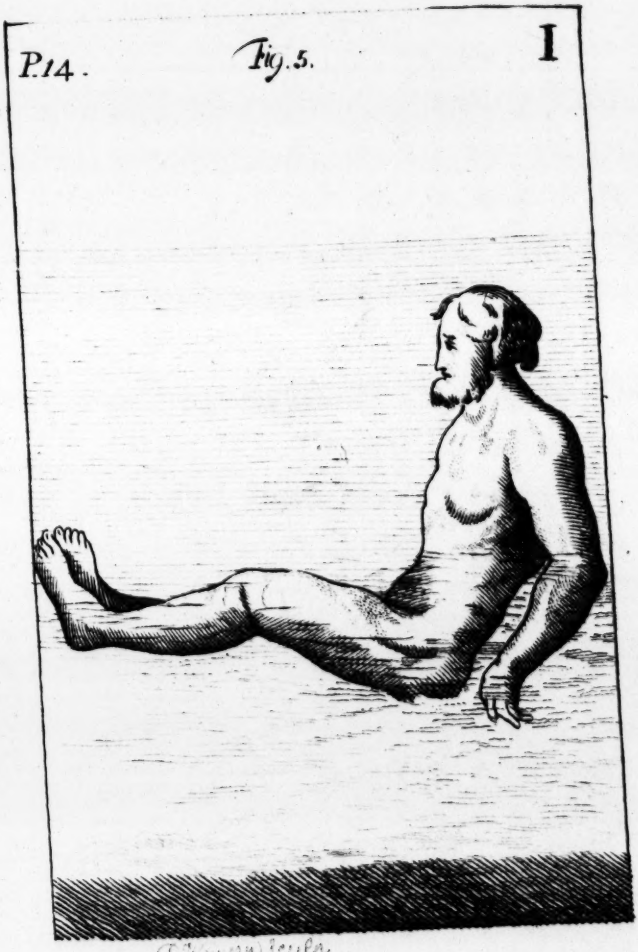
P14 Fig. 4 1



B. Warren Sculp

B L

P.14. Fig. 5. I



B L

be avoided by holding in the breath. It ſometimes happens that thoſe who are leſs expert, go down quite to the bottom, which is inconvenient, by reaſon of ſometimes ſtriking againſt it, and that in a great depth you are obliged to hold your breath a great while. But you may remedy that by turning on your back as ſoon as you begin to approach to the bottom; for you will ceaſe deſcending as ſoon as you begin to turn yourſelf. The coldneſs of the water is ſomewhat troubleſome and painful at firſt, but in a little time you will find uſe will take that off.

---

## II.

### *To begin to learn to Swim.*

AFTER he who is to teach you to Swim, ſhall have fathomed the depth of the water, or you yourſelf have found it by means of ſome Staff or Plummet, to put yourſelf in a right Poſture

Poſture for Swimming, lie down gently on your belly, keep your head and neck upright, your breaſt advancing forward, your back bending, withdraw your legs from the bottom, and immediately ſtretch them out again; ſtrike out your arms forwards, and ſpread them open, then draw them in again towards your breaſt; ſtrike forwards, making uſe firſt of your feet, then of your hands, as many ſtrokes as you can; you will find this way eaſy and pleaſant. I have been uſed to perſuade thoſe whom I have taught to Swim, not at all to fear lying along on the water when they know the bottom. It will ſometimes happen that you will be forced to drink down a great deal of water, and put yourſelf to a great deal of trouble and pains without much advancing in the Art; but that ought not to diſcourage you, nor need you fancy to yourſelf that you are not as capable of learning and Swimming well as others, for the ſame things happen almoſt to all beginners; for it is common at firſt learning, in lying along on the water to

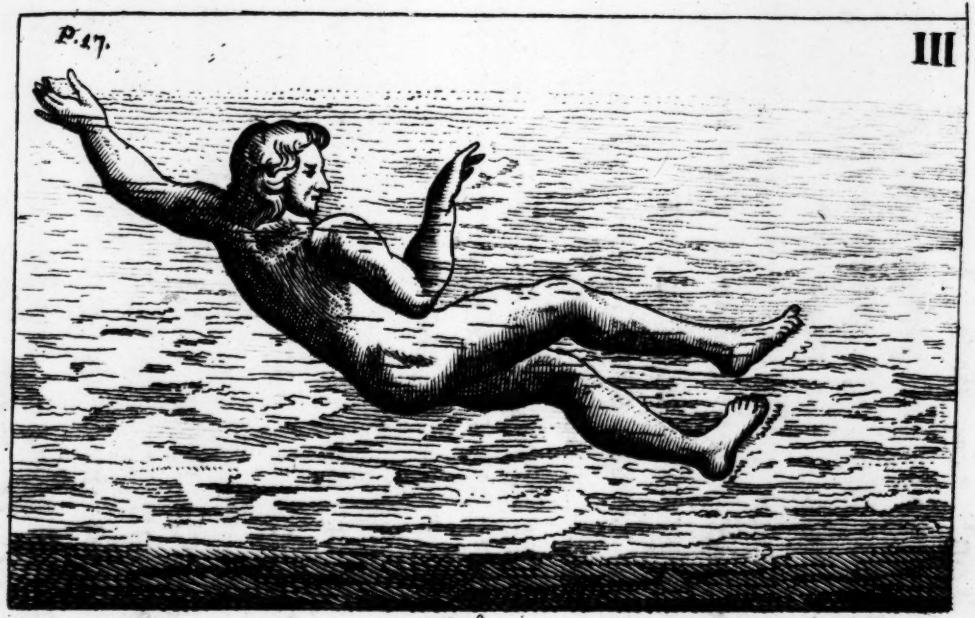
ſink

B L

Poſture for Swimming, lie down gently on your belly, keep your head and neck upright, your breaſt advancing forward, your back bending, withdraw your legs from the bottom, and immediately ſtretch them out again; ſtrike out your arms forwards, and ſpread them open, then draw them in again towards your breaſt; ſtrike forwards, making uſe firſt of your feet, then of your hands, as many ſtrokes as you can; you will find this way eaſy and pleaſant. I have been uſed to perſuade thoſe whom I have taught to Swim, not at all to fear lying along on the water when they know the bottom. It will ſometimes happen that you will be forced to drink down a great deal of water, and put yourſelf to a great deal of trouble and pains without much advancing in the Art; but that ought not to diſcourage you, nor need you fancy to yourſelf that you are not as capable of learning and Swimming well as others, for the ſame things happen almoſt to all beginners; for it is common at firſt learning, in lying along on the water to

ſink

B L




B. Warren sculp.

ſink down, and be ready to be ſtifled in holding one's breath. It is uſual at firſt for theſe reaſons to adminiſter ſundry helps; as to hold up their chins, or give them a bundle of cork, or bladders or reeds, which are the beſt helps for beginners.

Take ſpecial care that the water be not higher than your breaſt, nor ſhallower than up to your belly. Figure 6.

---

## III.

### *How to return back again in Swimming.*

TO turn back, you muſt turn the palm of your right hand outwards from you and ſtrike out the arm the ſame way, and do exactly the contrary with your left hand and arm, ſtriking that inwards the contrary way, embracing as it were the water on that ſide. Thus you may turn yourſelf alſo on the left ſide, after having inclined your head, neck, and the length of your

your body to that ſide. The 7th figure will make you more eaſily comprehend the manner of it.

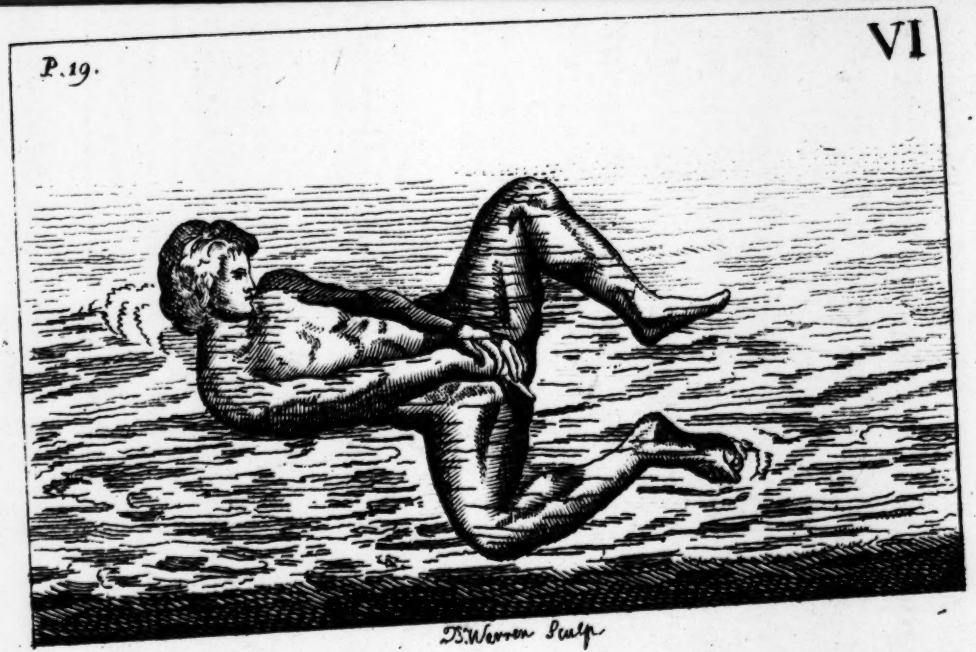
---

## IV.

### *To Swim with the Head erect towards Heaven.*

THIS way ſeems difficult, though it imitates that poſture they ſay is natural to man, to look upwards; and if we knew how to make uſe of it, there would not be ſo many drowned as there daily are; for that happens, becauſe, inſtead of looking upwards, they look downwards with their heads towards the bottom, and embrace the water, as it were with their arms, inſomuch that one might ſay they did all they could on purpoſe to drown themſelves. If they would place themſelves on their backs, and keep their bodies extended, they might eaſily eſcape, nay could not ſink themſelves in that poſture if they would; this we find atteſted by experience;

B L


P. 19.
VI
D.S. Warren Sculp

experience; and I never yet met with any diver that could poſſibly deſcend in that poſture, that is, with the head erect towards Heaven; and if they had a mind to it, they found themſelves firſt obliged to elevate their arms upright to contract their thorax or breaſt; and when all this is done, find it very difficult to ſink, though very ſlowly, and always come to the bottom with their feet firſt. But to learn to Swim on your back, obſerve what follows.

When you are upright in the water, lie down on your back very gently, elevate your breaſt above the ſurface of the water and in the mean while keep your body always extended in the ſame right line, your hands lying on your belly, ſtriking out and drawing in your legs ſucceſſively, and keeping them within two feet of the ſurface of the water, and govern yourſelf according to figure 8. It is true there will always be great part of the head under water, which makes moſt tender pates not much care for this way. Notwithſtanding which, it is the moſt eaſy and ſafe of any way

way of Swimming, and that wherein one may continue longeſt, for it leaſt tires, and one is not forced to drink ſo much water this way, as when Swimming on the belly; beſides, one more eaſily cuts through the waves this way, and runs not ſo great a riſque of being entangled among weeds as on the belly. At the beginning it will appear difficult, and one can ſcarce forbear uſing his hands. The beſt way to begin will be by the aſſiſtance of ſome other hand, or a bundle of corks or bladders; you have nothing to do but to lie down gently and take eſpecial care that you do not through fear put down one of your legs to feel for the bottom, for you need not fear ſinking, and that motion of the foot is the way to make you do ſo. You muſt alſo take care not to lift your knees too high, nor ſink your hips and ſides too low, but keep your body extended in the ſame ſtrait line as I have already ſhewn. If you have a mind to turn any ways, and you are not yet very expert, you muſt turn in Swimming and taking a round or circle;

or alſo whilſt the one leg lies ſtill, embrace the water next beſide you with the other; thus you will find yourſelf to turn on that ſide on which your leg by its motion embraces the water, and you may turn either to the right or left, according as you make uſe of the right or left leg for that purpoſe. Swimmers ought to be acquainted with ſeveral ways of turning themſelves backwards, or to one ſide, as occaſion ſhall require, to avoid meeting boats, weeds, rocks, or ſhores, and a thouſand other accidents. There are ſeveral ways of doing it, I deſign here to ſhew them all; and firſt that way which is called the *Eaſy Turn.*

V.

## V.

### *How to turn in the Water.*

TO turn eaſily you muſt inclin your head and body to the ſid you would turn to, and at the ſam time move and turn your legs after th ſame manner, as you would do to tur the ſame way on land, this hinders an ſtops the motion of your body forward all at once. Figure 9.

If you would turn to the left, yo muſt turn the thumb of your righ hand towards the bottom, and with th palm open, but ſomewhat bent, driv off the water foreright from that ſide and at the ſame time, with the lef hand open, and fingers cloſe, drive th water on that ſide backwards, and a once turn your body and face to the left. If you would turn to the right, you muſt do juſt the ſame things contrariwiſe. If any one aſk of what advantage this turn may be ? its uſe is very great in retiring from dangers that may

Paa.
V

may happen. As ſuppoſe you met any floating timber, or any thing elſe that you were obliged to avoid. It is alſo uſeful for helping others that are in danger. But you muſt take eſpecial care that, in turning after this way, your legs are not open, and that you have water enough, for fear of hurting your back parts againſt the ground.

---

## VI.

### *The Turn called Ringing the Bells.*

THIS way of turning is at leaſt of as great uſe as the precedent. You have no need of much room for it, and may do it either Swimming on the back or belly, and you go contrary in the one to what you do in the other. If you Swim on your belly, you muſt at once draw in your feet, and ſtrike them out forwards, as you did before backwards, at the ſame time ſtriking out your hands backwards, and putting

putting your body in an upright poſture. Figure 10.

If you Swim on your back, you muſt at once draw in your legs towards your buttocks, and ſtriking them down towards the bottom, caſt your body forwards till you are turned on your belly; but you muſt take heed that you have water ſufficient, and that there are no weeds at bottom, which have ſometimes proved fatal to the beſt Swimmers.

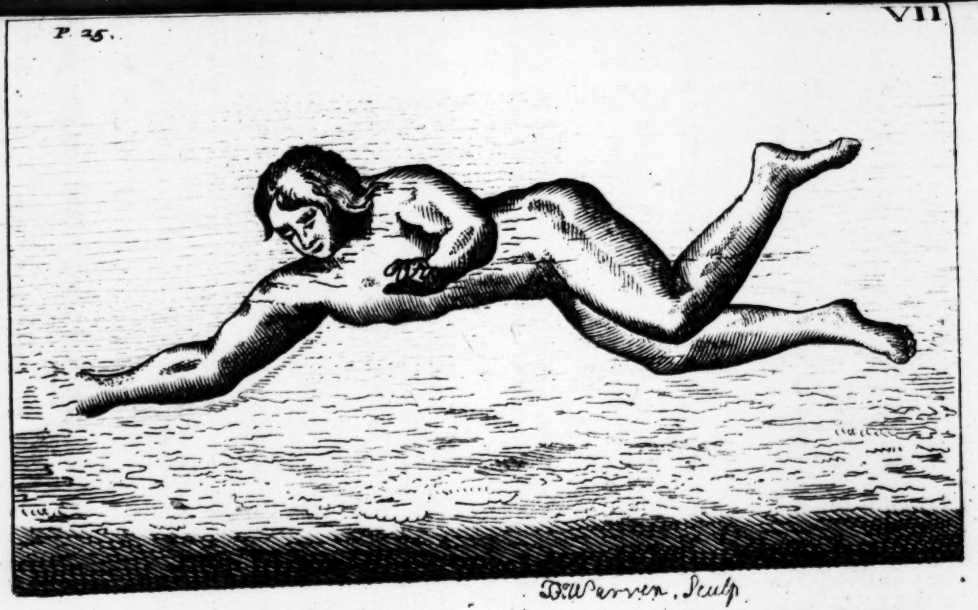
---

## VII.

### *Another Way of turning or rolling round.*

THERE is another way of turning from the right to the left, and contrariwiſe, as a globe does about its axis. If you Swim on your belly, and would turn to the left, you muſt extend your right hand and arm as far out before you as you can, and turn your face, breaſt, and whole body, to the left, lifting up your right hand towards the top

VII



D. Warren. Sculp

top of the water, and you'll find yourself on your back, and from your back you may turn again on your belly, and ſo as often as you pleaſe. And to the end thoſe changes of poſtures may be performed with ſpeed and agility, you muſt take care to keep your legs cloſe together, and your arms muſt be ſtretched out right before your breaſt, but not ſeparated far one from another. The Figure and practical part of this way of exerciſing will make you more eaſily comprehend the buſineſs than any rules in words can.

---

## VIII.

### *To Swim on the Back.*

ALthough there is not much occaſion for any great motion of the hands for thoſe that Swim on their backs; yet if you deſign to make any great advances forward, you muſt uſe both

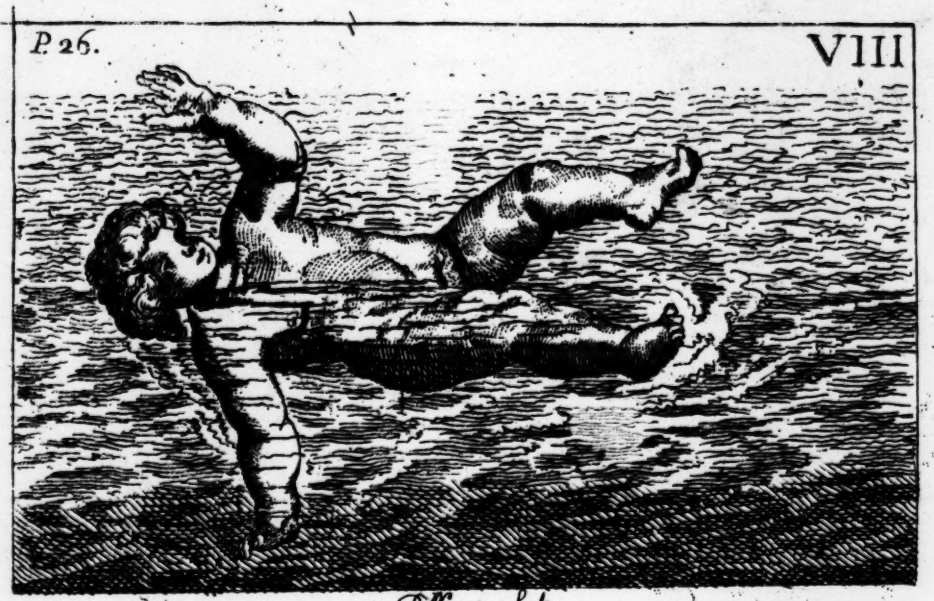
both your feet and hands too. This way is chiefly uſeful for Swimming against waves, and carries ſwifter than Swimming on the belly. The thirteenth figure will make you comprehend this method better than any leſſons we can give you in words.

---

## IX.

### *To Swim backwards.*

WE go backwards, when lying on the back we puſh ourſelves onward with our feet and legs; but to do the contrary, and advance forward, we muſt, lying always on the back, keep the body extended at full length in a ſtrait line, the breaſt inflated, ſo that that part of the back which is between the ſhoulders, muſt be concave (or hollow), and ſunk down in the water, the hands on the belly. Being, I ſay, in this poſture, you muſt lift up your legs one after another, and draw them

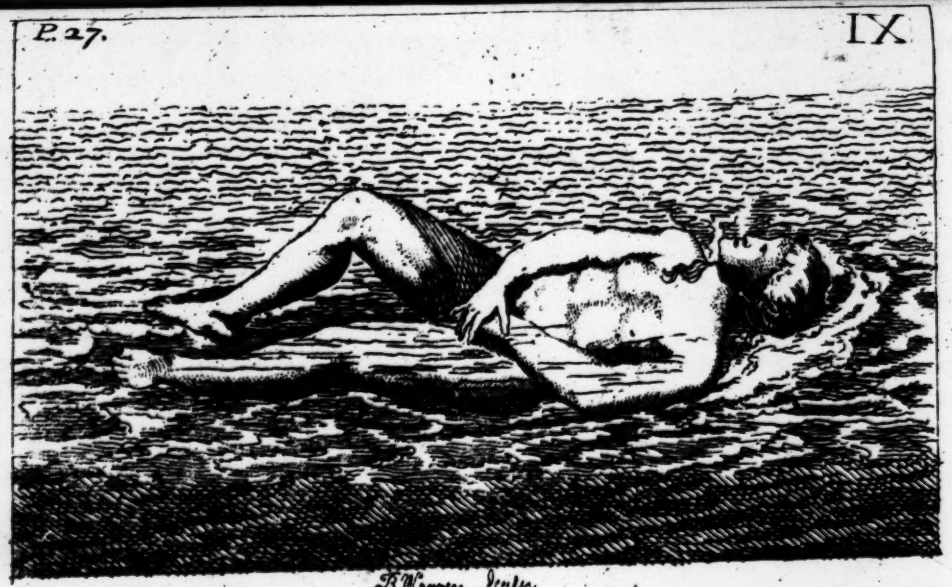



B. Warren. Sculp

BSL

BL

P. 27. IX



B. Warren. Sculp.

them back with all the force you can towards your hams, letting them fall into the water, for thus you will return to the place whence you came. This way is not only very pleaſant, but alſo when you find yourſelf weary ſometimes with Swimming, and far diſtant from the ſhore, it may be uſeful to reſt yourſelf, and give you time to recruit your ſpirits.

---

## X.

### *To turn one's ſelf, lying along.*

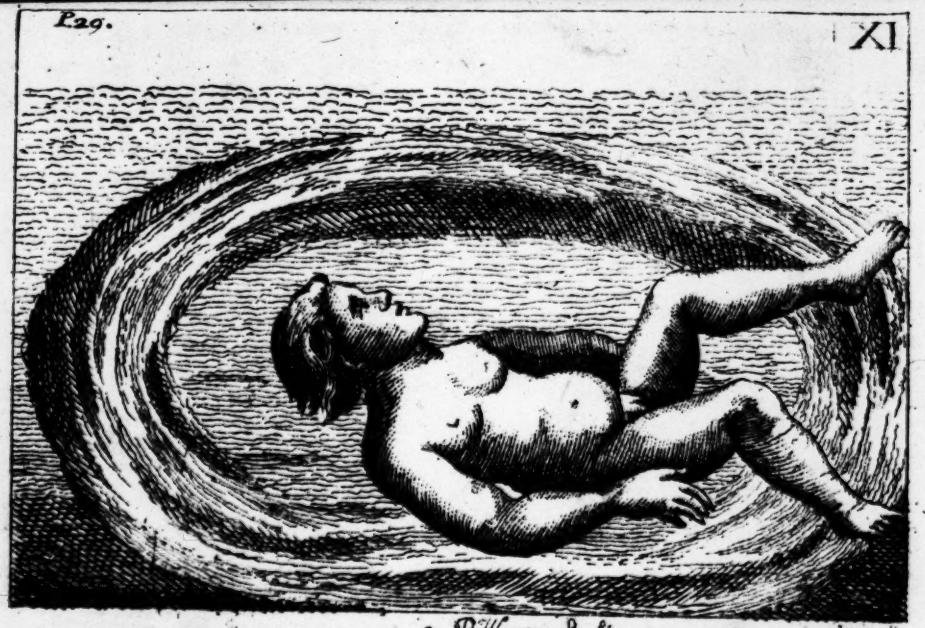
IT ſeems at firſt ſight as if to turn one's ſelf, and turn one's ſelf lying along, were the ſame thing; but if you inſpect the matter more nearly, you will find that in the ſeventh Section you turn your body very quick about; but to turn lying along, you muſt keep yourſelf in a poſture extended and lying on the back, the top of your arms cloſe to your ſides, turning

the loweſt joint of your right hand outwards; the legs at diſtance one from another at leaſt a foot, or thereabouts, the ſoles of your feet turned towards the bottom of the water. In this poſture you may turn, as you pleaſe, towards the right or left ſide. This may be ſerviceable in ſeveral rencounters; for it often happens, that a perſon Swimming on his back, may be forced againſt a bank, or among weeds; wherefore a ready way of turning is very proper to avoid thoſe ſorts of dangers. But notwithſtanding theſe methods of eſcapes, it is not ſafe to venture among ſuch ſorts of dangers, eſpecially weeds; for ſome time or other one may be catched. There is another way of diſengaging one's ſelf from weeds, which I will ſhew in the following Section.

Pag.
X

BL

B L



B. Warren Sculp

Printed for Jn.° Lever, at Little Moorgate, next London Wall, near Moorfields London.

## XI.

### *To make a Circle.*

THE Circle (or entire Compaſs) is made, when one foot remaining immoveable, the other turns round, and deſcribes a Circle, ending where it began: In the ſame manner the head may remain immoveable, while the legs ſtrike the water, and make the body turn round. To perform this, the body, lying on the back, if you would begin to turn from the right to the left, you muſt firſt ſink your left ſide ſomewhat more towards the bottom than the other, and lift out of the water your legs ſucceſſively, firſt the left, then the right, and at each of theſe motions advance your legs onwards about a foot each, towards the left ſide, your head remaining ſtill in the ſame place; the froth on the ſurface of the water will note the parts of

the Circle you have deſcribed. This way may ſerve to remove any thing from one's head (or feet) that may offend, which too often happens in the water. In the practice of it you muſt take care not to elevate your feet too high in the air, for that would ſink down the head in the water; nor to ſtrike the water too hard with your feet, by reaſon it cauſes a diſagreeable noiſe.

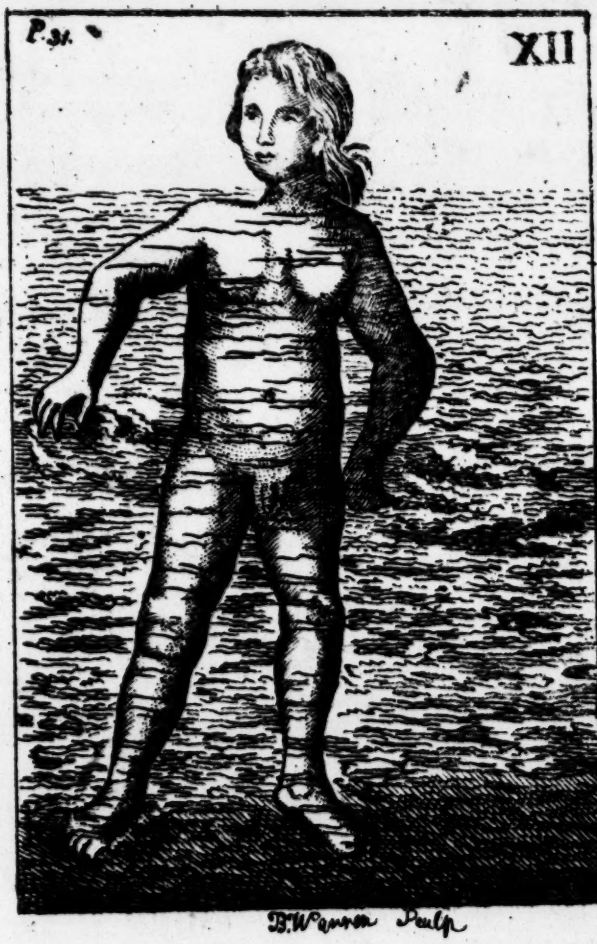
---

## XII.

### *To turn one's ſelf in the Water, being in an upright Poſture.*

BEING in the Water in a poſture upright, you may turn and view every thing ſucceſſively round about you. You may ſee that I am indeed upright, but to make you underſtand thoſe motions of my feet which you cannot ſee; ſuppoſe I have a mind

BL


P. 31.
XII

a mind to turn to the right, in the firſt place I do, as it were, embrace the Water with the ſole of my right foot, and afterwards with that of my left, and in the mean while I incline my body towards the left; I alſo draw as much as I can the Water towards me with my hands, and afterwards drive it off again; I draw it firſt with my left hand, and after with the right, and having ſo drawn it towards me, drive it off again. This manner of ſwimming may be very uſeful; it is very ſerviceable to know what happens on every ſide. Suppoſe you are in the ſea, you may this way find a place to land on, or where to attack an enemy that might happen to follow you, or avoid his attacks; or if you have a mind to fight him in the Water, it ſhews how to do it to moſt advantage, and to turn yourſelf on all ſides. There are ſeveral other different manners of turning one's ſelf in the water, and among them ſome that are very cu-

rious and pleaſant, but are only for thoſe to practiſe that are very expert in this Art.

---

## XIII.

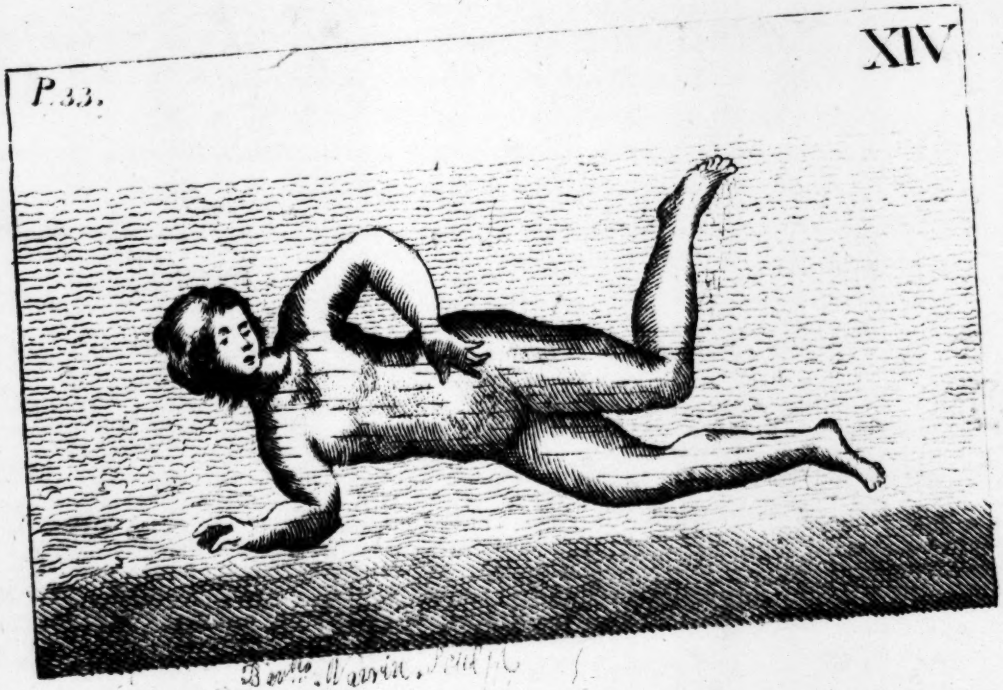
*To advance forwards in Swimming, with the Hands joined together.*

THIS is one of the firſt and moſt ſimple ways of Swimming, and is alſo very graceful. In the practice of it you hold your hands joined together, drawing them in towards the breaſt, and ſucceſſively ſtriking them out again. The two hands remain all the while joined, inſomuch that the thumbs and fingers being turned towards the ſurface of the water, ſeem to be out of it. Beſides the gracefulneſs of this way of Swimming, it is moreover ſerviceable for traverſing, or Swimming croſs a heap of weeds, &c. for the hands being thus joined as it were

Psa.
XIII

B L

B
L


XIV
P. 33.

were in a point, open a paſſage for you through weeds or reeds, if they chance to oppoſe you, eſpecially if you take care not to ſtrike your hands out too far.

---

## XIV.

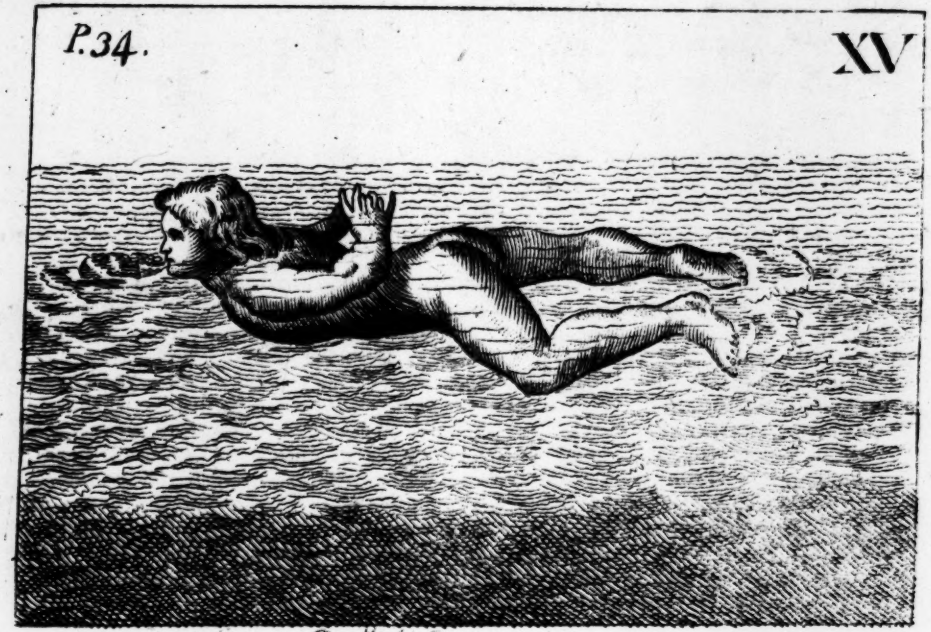
### *To Swim neither on Back nor Belly.*

SUPPOSE you Swim on your Back, or Belly, lower, or ſink your ſide, and at the ſame time elevate your right one. In Swimming, when you are thus laid, move your left hand as often as you ſee convenient, without either ſeparating it far from your body, or ſinking it, perpetually ſtriking it out, and retracting it, as in a right line on the ſurface of the water. Beſides the pleaſure of Swimming thus, you may alſo find an advantage by viewing as you pleaſe either ſide of a river, and that one ſide may reſt while the other is employed.

## XV.

### *To Swim on the Belly, holding both your Hands ſtill.*

THIS is eaſily performed in manner following. You muſt keep your breaſt advancing forward, your neck upright on the water, both your hands faſt behind your head, or on your back, while in the mean time your legs and thighs puſh you forward by the ſame motions you make when you Swim (as at other times) on your Belly. This way of Swimming may be uſeful, in caſe any accident, as the Cramp, &c. ſhould happen to your arms, or if you were forced on occaſion to Swim with your hands tied behind you, or in caſe you were a priſoner, and your life or liberty depended on it. The ſame thing may be performed by placing yourſelf on the Back, but the other way is moſt advantageous, becauſe you




Bar.tho Warren

B L

8 L

P. 35. & 44.

XVI

B. Warren. Sculp.

you may ſee your way before you; and thoſe that Swim on the Back are obliged to turn themſelves often for that purpoſe. Beſides, the hands are here at reſt, but muſt be employed if you turn yourſelf on your Back.

---

## XVI.

### *To carry the Left Leg in the Right Hand.*

THIS is performed, when, in Swimming on the Belly, you lift up your Leg, and moving it towards the buttocks, you take hold of it with the hand of the oppoſite ſide, continuing in the mean while to Swim with the Leg and other hand which are at liberty. This method may be ſerviceable in caſes of the Cramp or Gout, or if one Leg ſhould be entangled among weeds; for by this manner you may eaſily break through them; but if you

ſhould chance to find yourſelf engaged wholly among weeds on every ſide, the following method will be moſt proper.

---

## XVII.

### *To Swim like a Dog.*

YOU are not to imagine that this way is difficult, for it is ſo far from it, that ſeveral who never knew how to Swim before, by practiſing of it by chance, have kept themſelves above water. To Swim like a Dog, you muſt elevate or lift up and depreſs one hand ſucceſſively after another, and do the ſame alſo with your feet, only with this difference, that with your hands you muſt draw the water towards you, and with your feet drive it from you; you muſt begin with the right hand, and right foot, and afterwards with the left hand and foot, and ſo ſucceſſively. This way of Swimming

B. Warren Sculp

ming is very uſeful for diſengaging one's ſelf from weeds under water. But here follow other more eaſy methods to avoid the ſame danger by Swimming on the Back, whereof the firſt is very pleaſant.

*The XVIIIth Chapter is the ſame with the XVth.*

---

## XVIII.

### *To beat Water.*

YOU ſtrike the Water with your right and left legs; the manner of it is very pleaſant, when Swimming on the back, at each extenſion of the legs, lifting them up out of the Water one after the other, you ſtrike the Water ſo that it rebounds up into the air. Thoſe who are moſt expert at this, bring their chins towards their breaſt at each extenſion. There are ſome

who not ſatisfied with going ſo far only, to perform the buſineſs more gracefully, lift up their legs much higher than others, ſtrike the Water, each extenſion, ſometimes with the right leg, ſometimes with the left, and at the ſame time turn the whole body. This is the moſt agreeable manner of all the reſt. To perform this, you muſt keep your body extended on your back, expand or inflate your breaſt, and keep it almoſt out of Water, the palms of both your hands extended and turned towards the bottom, for it is the office of the hands to keep up the body while you ſtrike and open the legs; but at the ſame time you have a mind to beat Water, and turn your ſelf, in that caſe ſuppoſing your right leg is up out of the Water, you muſt ſtrike the Water with that, and at the ſame time lift up the left leg, and by the ſame action turn your whole body. This agility makes Swimming very eaſy, and does not require ſo much force as the following.

XIX.

Bar^the. Warren Sculp

B L

B L

B.ne Wirsch. Sculp.

## XIX.

### *To keep one Foot at Liberty.*

THESE eaſy ways of Swimming, or rather refinements, ſeem more for diverſion than advantage; yet notwithſtanding there is not one of them but what may be ſerviceable in ſome of thoſe numerous rencounters which happen to Swimmers. As for example, This may ſerve to diſengage one's Feet from weeds, and that after a free fearleſs manner, which ſhews the Swimmer to be maſter of his Art. He turns himſelf ſometimes to the right, ſometimes to the left, having always one leg up out of the water, looking about him, bringing in his chin always towards his breaſt. It is more difficult than it ſeems to be at firſt ſight; for if the breaſt is not inflated, the palms of the hands extended, and turned downwards toward the bottom, and if the other

leg

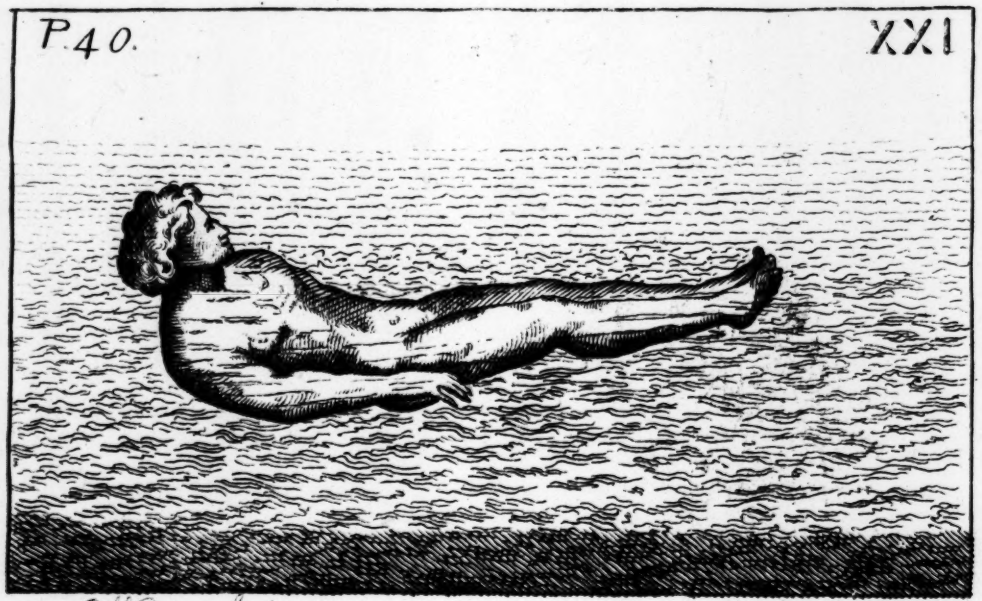
leg is not employed in the water; in ſhort, if you miſs of any of theſe things your head immediately ſinks down: Thus the addreſs, or management of it is difficult; but the recompence (when learned) ſatisfactory and very uſeful, as I have ſhewn in diſengaging one's ſelf from weeds. Here follows another method more eaſy.

---

## XX.

### *To ſhew both Feet out of the Water.*

ONE may Swim holding both Feet out of the Water, and this is very eaſy: You may alſo not only remain ſo in one place, but alſo make advances forwards. You muſt place yourſelf on the back, and bend the ſmall of it, contrariwiſe to what is practiſed in other ways of Swimming: your hands muſt be on your belly, the palms of them open, moving them to and fro, like oars, which muſt ſuſtain your body




B. Warren Sculp.

B L

B L

Pl.
XXII
B. Warren sculp.

dy while your Feet are ſhewn. This way of Swimming will ſerve to ſhew you whether your Feet are clean or not, after having taken them from the bottom.

---

## XXI.

### *Suſpenſion by the Chin.*

YOU cannot eaſily imagine how this manner of Swimming is performed, it is indeed very ſurpriſing. By this means you may ſtand upright in the water though never ſo deep, without fear of ſinking. To make you comprehend it, you are to remember, that when you Swim on your back, you lie ſtill, your legs being extended: When you find your ſelf in that poſture, you muſt let your legs go down or ſink; and when they come to be perpendicular to the bottom, you muſt take them up again, bending your knees,

knees, inflating your breaſt, and as to the arms and hands, whereof the back parts lie flat on the water by the ſhoulders, you muſt ſometimes extend them on the one ſide, ſometimes on the other, ſometimes ſhut them, turning the palms towards the bottom, the fingers cloſe to one another, holding your Chin as upright as poſſible. This way, which ſeems ſo ſurpriſing, is ſometimes very uſeful; ſuppoſe at any time, the ice ſhould happen to break under your feet, this way will be of vaſt advantage to ſecure yourſelf from the danger. It may alſo be very advantageous in caſe a man is obliged to ſave himſelf from ſome enemy purſuing, by leaping into the water in a dark night; for in that caſe, one may wait, without making any noiſe, till he is paſſed by, and then go again on ſhore.

D. Warren Sculp

## XXII.

### *To Tread Water.*

BY this way you remain upright in the Water without making any motion with your hands, only you move the Water round with your legs from you, the ſoles of your feet being perpendicular to the bottom; you may make uſe of this if you are caſt into the Water bound hand and foot. Swimming on the belly is alſo ſerviceable in this rencounter. This way of Swimming is very advantageous, for it leaves us the free uſe of the hands. One may make uſe of it in defending one's ſelf; but it ought not to be practiſed where the bottom is full of Ruſhes or Weeds, for they may entangle one of the legs; and in ſuch caſe you may uſe the method following.

## XXIII.

### *Changing Hand and Foot.*

WITH the right Hand you hold the left Foot, and contrariwiſe; but you muſt change thoſe holds by a ſpeedy letting or ſtriking down the Foot held up. This may be uſeful for taking of weeds from the legs, and freeing them when they are both engaged amongſt them.

---

## XXIV.

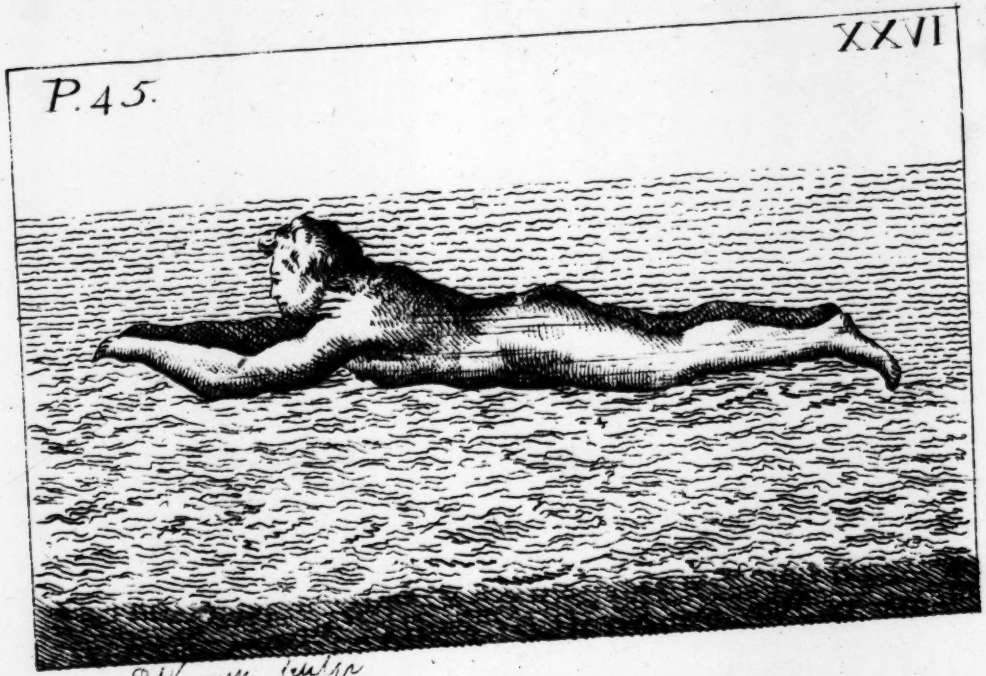
### *To Swim having the Legs tied together.*

THE Legs being bound either by Weeds, or otherwiſe, you muſt turn on your back, and lay your hands acroſs on your breaſt, for in that poſture you may gain the ſhore, by ſtriking your legs one againſt another, and

P. 44.
XXV

B L

B L




B. Werven sculp

and holding them up as much as you can.

---

## XXV.

### *To Creep.*

THE action of Swimming in Man, is very like the motion of Creeping in reptiles; as ſuppoſe a Snake, for example, who reſting or ſtopping firſt, with his fore parts, draws the reſt of the body towards them; and it is a way very ſerviceable to get clear of weeds. To practiſe it, being upon the belly, you caſt your hands forwards, and your feet ſoftly backwards, but cloſe together, and thus you advance, extending your arms and hands as far from your breaſt as poſſible, your fingers cloſe, and the palms of your hands a little bent, turned towards the bottom; for being in this poſture, if you draw towards your breaſt with your hands and

and arms, the water that is before you, by that you give time to the reſt of your body to advance further, and to diſengage yourſelf from the weeds, if you are entangled in them, which muſt not be done with too much haſte or force; for if you ſtrike out your hands and arms too vigouroufly, you will entangle yourſelf more among them, and when they have once caught you faſt, you are in danger of periſhing, if timely help does not come to relieve you.

---

## XXVI.

### *To Sit in the Water.*

EXPERT Swimmers can do whatever they pleaſe in the Water; they can walk there, ſtand ſtill upright, or lie ſtill, or ſit down. To Sit, you muſt take both your legs in your hands, draw in your breath, and

XXVII

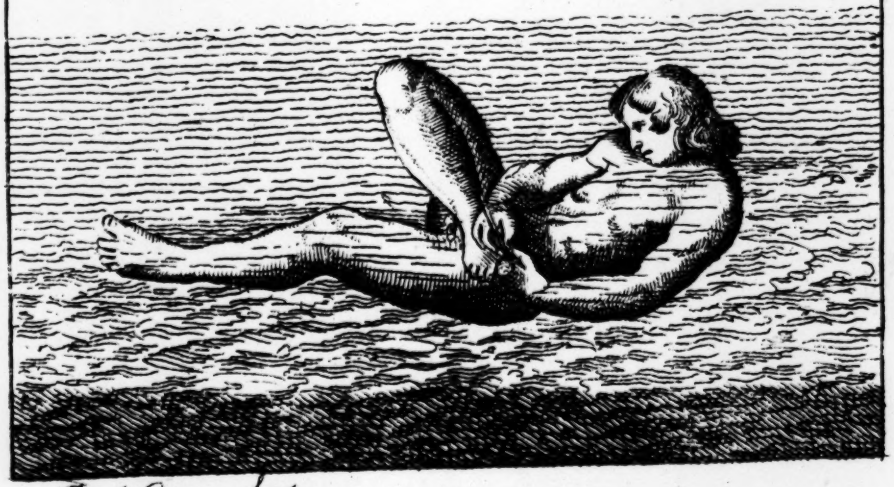
P. 46.

B. Warren Sculpt.

B L

B L

XXVIII



B. Warren. Sculp

and ſo keep your breaſt inflated; your head upright, and lifting up ſucceſſively your arms and legs, by that motion ſuſtain yourſelf, as the figure ſhews. This way may be ſerviceable to pluck off weeds, which may happen to entangle and hang about your legs, as alſo to ſuſtain or keep one's ſelf above Water in places where there is not room enough to Swim, or the ground muddy, or otherwiſe diſobliging to the feet, ſo that you care not to ſet them down.

---

## XXVII.

### *To cut the Nails of the Toes in the Water.*

IT is poſſible to perform actions in the Water, which one cannot do on land: I myſelf have often brought my Great Toe to my lips in the Water, which I could never do on land, nor

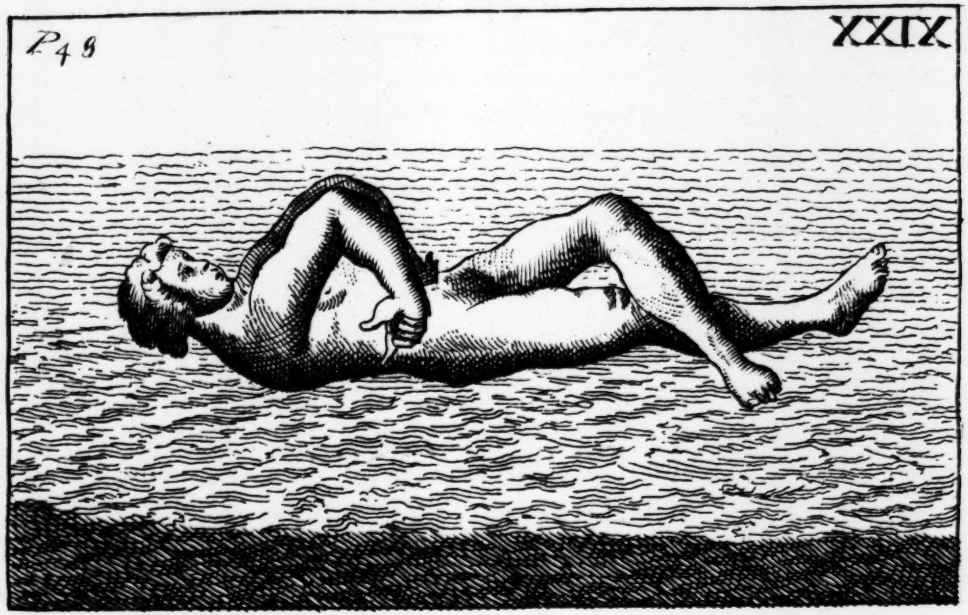
nor on my bed. You muſt hold your knife in your right hand (if you are right handed) and take up your left leg, and lay the foot on the right knee; there you may take it from the left hand, and with the right cut your Nails without any danger. Thus you may alſo pick your Toes; and if this way has no other uſe or advantage yet the dexterity of the management may ſerve to recommend it.

---

## XXVIII.

### *To ſhew out of the Water four Parts of the Body.*

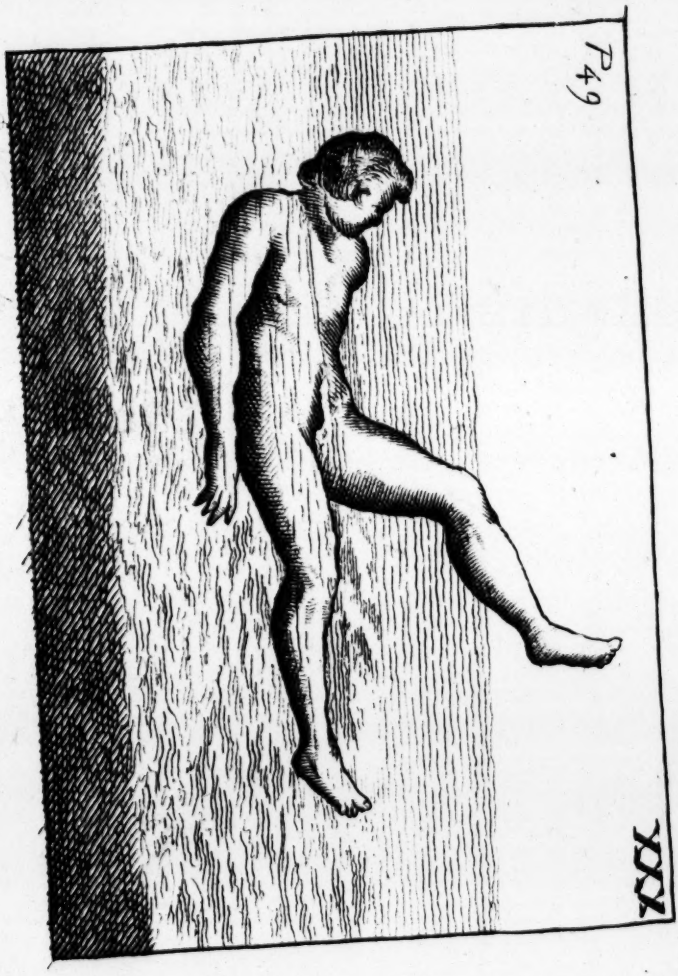
THIS manner ſhews at once four parts of the body, *viz.* the Head, the two Elbows, and one Knee; you lift up one knee, and place it upon the other by turning it, while in the mean time you lift up and depreſs




B. Warren Sculp.

B L

B L


P49
XXX

preſs the other ſucceſſively, keeping in the interim your elbows elevated, your breaſt inflated and elevated as much as poſſible, and all lying on the back. Beſides the management of this method, and the difficulty of doing it well, it is ſerviceable to reſt yourſelf by putting one thigh acroſs the other, and to take breath where the Water is ſo deep that you cannot reach the bottom.

---

## XXIX.

### *To Swim holding up one Leg.*

THIS way ſeems at firſt ſight to be the ſame with that of ſhewing the feet out of the water, which we have already taught, but it is very different from it; for while you hold up one of your Legs, both your hands muſt embrace and gather together (as it were) the waters, ſtriking them under

under you, and driving them off; the other Leg muſt not be lifted up above half way, beating the water frequently therewith by quick and ſhort ſtrokes. This is an eaſy way to carry any thing from one ſide of a river to the other, by faſtening it to your great Toe: but you may perform the ſame thing more eaſily as follows.

---

## XXX.

### *To Swim holding up your Hands.*

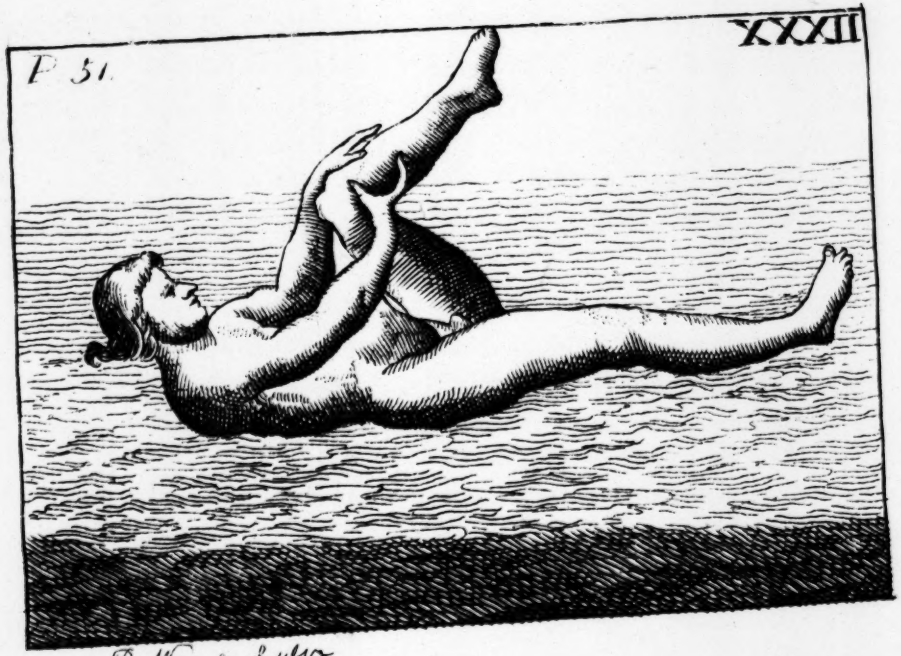
WHILE you Swim on your back, it is eaſy to put your hands to what uſe you pleaſe, but it is difficult to hold them upright, and Swim at the ſame time too. It would appear at firſt ſight as if this were the moſt eaſy of any method we have yet taught. You muſt take care leſt while you lift up your arms, the thorax or breaſt be not contracted, for ſo you ſink. The whole Art of this way

B. Warren sculp.

Printed for Jno Lever, near Little Moorgate, next London Wall, near Moorfields, London.

BSL

B L


P. 31.
XXXII
B. Warren Sculp.

way of Swimming conſiſts in heaving up the breaſt as high, and keeping it inflated as much as poſſible, while your arms are held up.

---

## XXXI.

### *To Boot one's ſelf in the Water.*

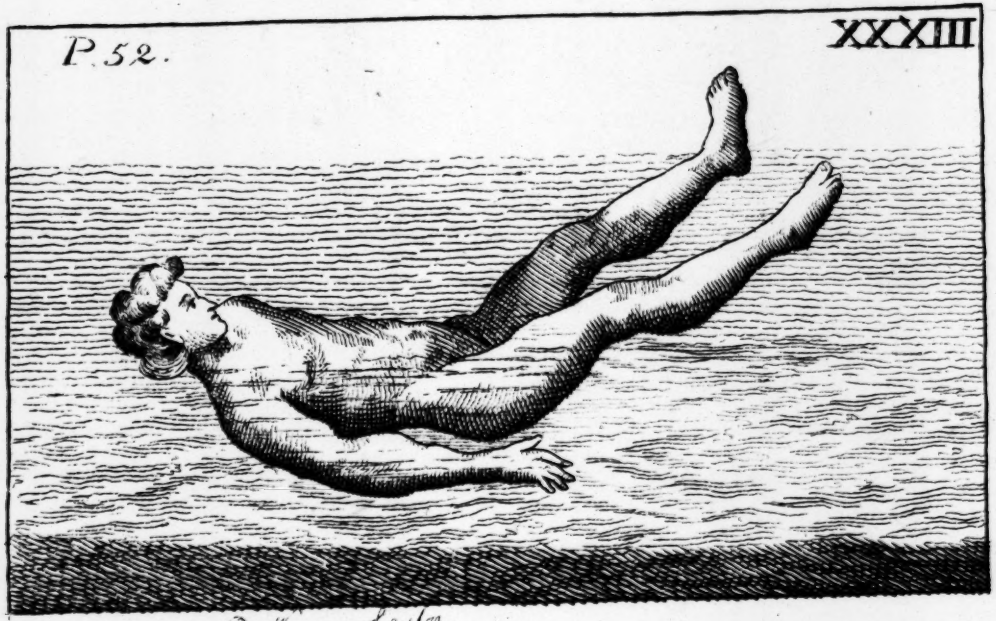
I Call this way by the name of Booting or drawing on one's Boots, becauſe the action very much reſembles a man doing ſo. You muſt firſt lift up one leg out of the Water, and afterwards the other, and take the foot in your hands as thoſe do who are drawing on their Boots, and preſently after let it go again, extending it out at length. The management of this way conſiſts in keeping up your Breaſt as high as you can, and as much inflated as poſſible, and alſo the one leg up out of the Water while the other is continually playing downwards. This

way may be very commodious for cleaning your feet from mud, *&c.*

## XXXII.

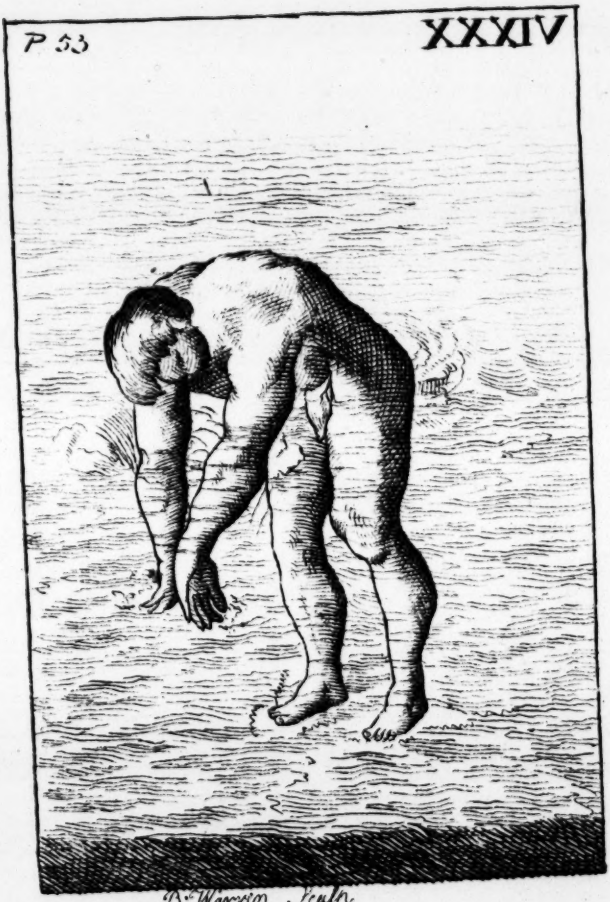
### *The Leap of the Goat.*

IT is called ſo by reaſon you imitate the Leaping of Goats in the motions of the feet. To perform it you muſt have both courage and ſtrength. You muſt keep your breaſt inflated, and ſtrike with both your hands the water on each ſide, by thick ſhort ſtrokes three or four times, but more forcibly the laſt time than the others: while you are doing thus, you muſt lift up your feet quite out of the water, and rub them one againſt the other, as you ſee commonly done in cutting of capers. This is one of the moſt difficult but moſt ingenious pieces of Art belonging to Swimming, and when you are arrived to it, you may ſay you have maſtered one of the moſt difficult


P. 52.
XXXIII

B L

B L




B.r Warren. Sculp

difficult points in the whole Art: For it is as difficult as to Swim under water, to which there is required a great deal of artificial management; which now I come to ſhew, as far as I am acquainted with it. The firſt ſtep is to learn to Dive.

---

## XXXIII.

### *To Dive.*

IF men ſink to the bottom of the water, it is their own fault, nature has laid no neceſſity on them of doing ſo; nay, there is not only occaſion for force and ſtrength to come thither, but alſo Art to do it ſafely, ſpeedily, and handſomely; but thoſe who are expert at Swimming do it, on occaſion, as ſwift as an arrow, and deſcend perpendicularly or obliquely as they pleaſe. The firſt way of doing it is, to begin ſtanding on your feet touching the bottom; then afterwards

riſe up, your head bowed down, ſo that your chin muſt touch your breaſt; the crown of your head being turned towards the bottom, holding the backs of your hands cloſe together, right before your head, and ſinking or ſtriking them down firſt with all the ſwiftneſs and exactneſs you can; thus you may Dive to the bottom, and this is the firſt way I ordinarily teach.

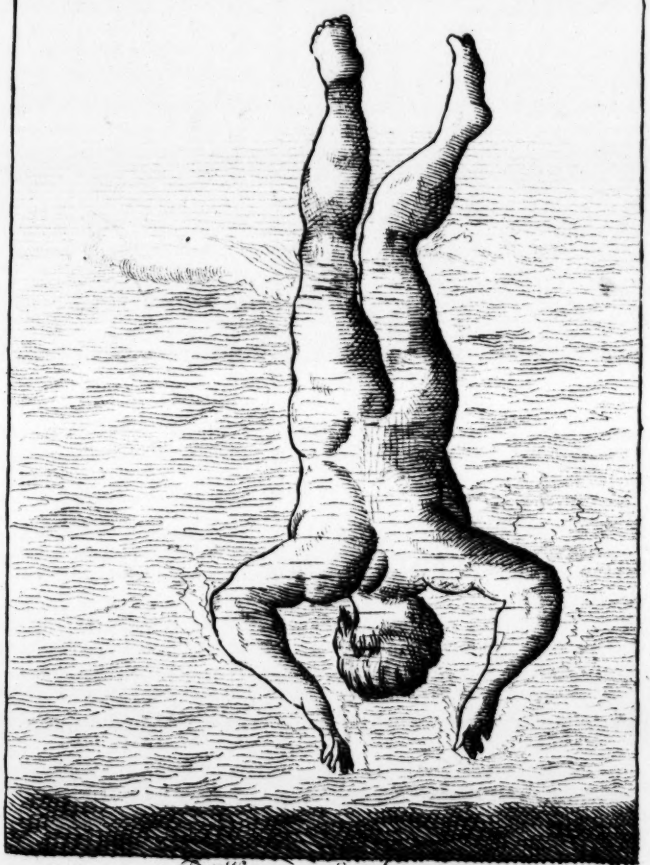
---

## XXXIV.

### *The Perpendicular Deſcent.*

THIS is proper for thoſe who leap off from any height into the water, as from a Bridge or Ship: This is performed by taking a leap a little forwards, and ſometimes upwards, that your deſcent may be more perpendicular and ſwifter to the bottom, and alſo that your head may go perpendicularly downwards. This way is very commodious, when you have a very deep

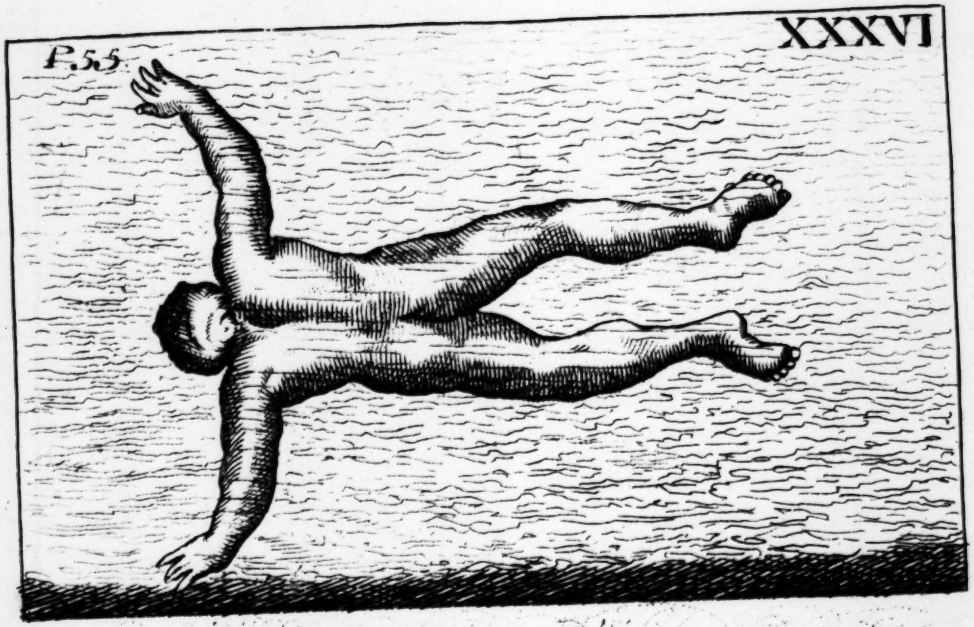
P. 54. XXXV



B. Warren Sculp.

B L

B
L


P. 55
XXXVI

deep water, and it cannot be performed after any more ready method, becauſe of the difficulty of long holding one's breath. However it is ſeldom put in practice by reaſon of the dangers which attend it: But the following method is free from danger, and alſo otherwiſe pleaſant.

---

## XXXV.

### *To Swim under Water.*

IN the firſt place you are to determine whether you are to Swim at the bottom of the water or near the ſurface, or in the middle between both. You firſt of all dive down; the two hands muſt be turned back to back, and cloſe to one another; after which you muſt extend them with all the ſwiftneſs you can, your thumbs turned upwards, and your fore-fingers towards the bottom; and if you have a mind

to deſcend yet lower, you muſt as your hands are extended ſtill ſtrike them down lower in the Water. If contrariwiſe you would re-aſcend towards the ſurface of the Water, you muſt keep the palms of your hands open, and your thumbs towards one another, as when you Swim on your belly, the palms of your hands being towards the bottom, and your two thumbs, as I have juſt now ſaid, towards one another.

He that would Swim in the middle, or between top and bottom, muſt graſp with both his arms the Water before him, attracting it towards him, keeping in the mean while his thumbs turned more towards the bottom of the Water, than the reſt of his hands. You may have occaſion to Swim thus, when you are to ſeek for any thing at the bottom of the Water, or to paſs unſeen from one ſhore to another; ſometimes alſo to help one in danger of drowning. But in this laſt caſe you muſt take heed not to come too near neither under Water, nor on the ſurface, to any one in that danger; for if ſuch an one takes

B L

Barth: Warren Sculp

takes hold of you, you are certainly loſt.

To proceed therefore in that caſe ſafely, you muſt keep at a diſtance, as ten or twelve feet off; your beſt way will be not to lay hold on him till he is quite ſunk down, and loſt the uſe of his ſight; and if you have obſerved the place where he is, you may endeavour to take hold of him by the hair, and ſo draw him on your back, taking always care that he does not lay hold on you; or otherwiſe hamper you; you may thus draw him to ſome ſhallow place; or if you have any ſtring or rope about you, leave one end on ſhore in hands of your companions, and faſten the other to him, and ſo let them draw him out.

---

## XXXVI.

*To come to the Top of the Water again, after having dived.*

AFTER you are at the bottom, you may return with the ſame facility; which is performed much after the ſame

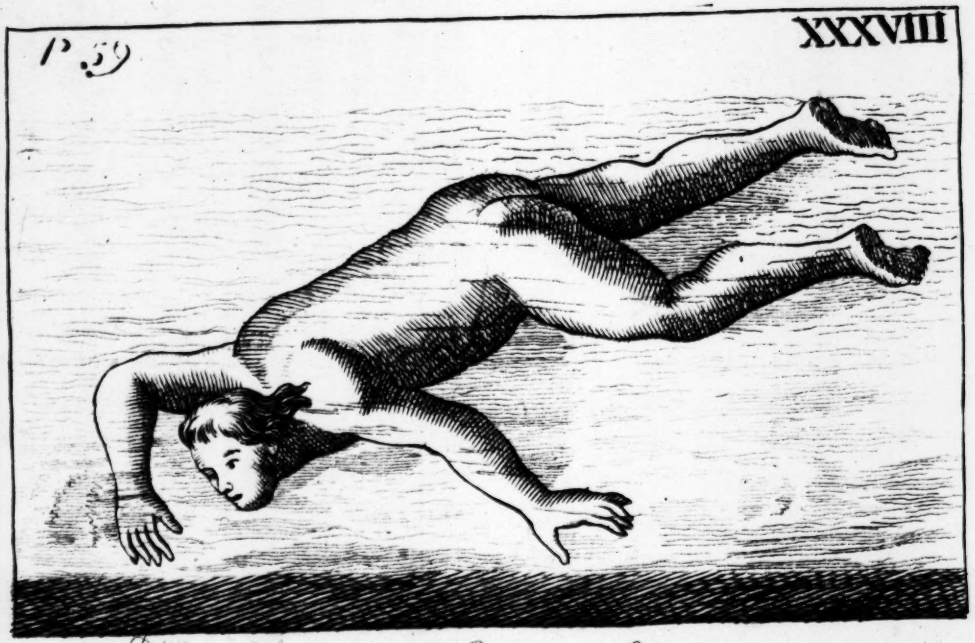
ſame way as we have taught before, to turn one's ſelf in the Water; the perſon who Swims with one of his hands extended, muſt puſh from him the water before him with his palm, and with the cavity of the other palm drawing the Water that is behind him, towards him; when your hand is extended as far as it can be, the fingers of the hand ſo extended, and the palm of that turned outwards, ought to ſhut or clench: the perfection of this way you'll ſee as follows.

## XXXVII.

*In Swimming under Water to make a Circle.*

WHEN Swimmers go to ſearch for any thing in the Water, they Swim round about the place where the thing was caſt in, if they do not find it immediately; by this ſort of addreſs they can take up any the leaſt thing that is at the bottom. The manner of making

B L




*Printed for Jn.° Lever, at Little Moorgate, next London Wall, near Moorfields.*

ing this compaſs or Circle is thus: If you would begin the Circle from the right hand, and end it at the left, you muſt graſp or embrace the Water with both your hands from the right to the left, and exactly contrary if you would turn the other way; but when you have Dived perpendicularly down, and cannot find what you went to ſeek, you will be obliged to take ſuch a compaſs, but do not go ſo far as to loſe the light; for when once that begins to fail you, it is a ſign you are either too deep, or under a boat, or ſhore, or ſomething elſe that intercepts the light. You muſt always take heed of venturing into ſuch places; and if you ſhould find yourſelf ſo engaged, call to mind whereabouts, or which way you came thither, and turn back the ſame way, looking upwards for the light; for you may ſee it a great way off: above all, take heed that you do not go to breathe under water: In caſe you are afraid that any enemy ſhould lay wait for you when you come up again, you muſt have recourſe to the Agility of the Dolphin.

XXXVIII.

## XXXVIII.

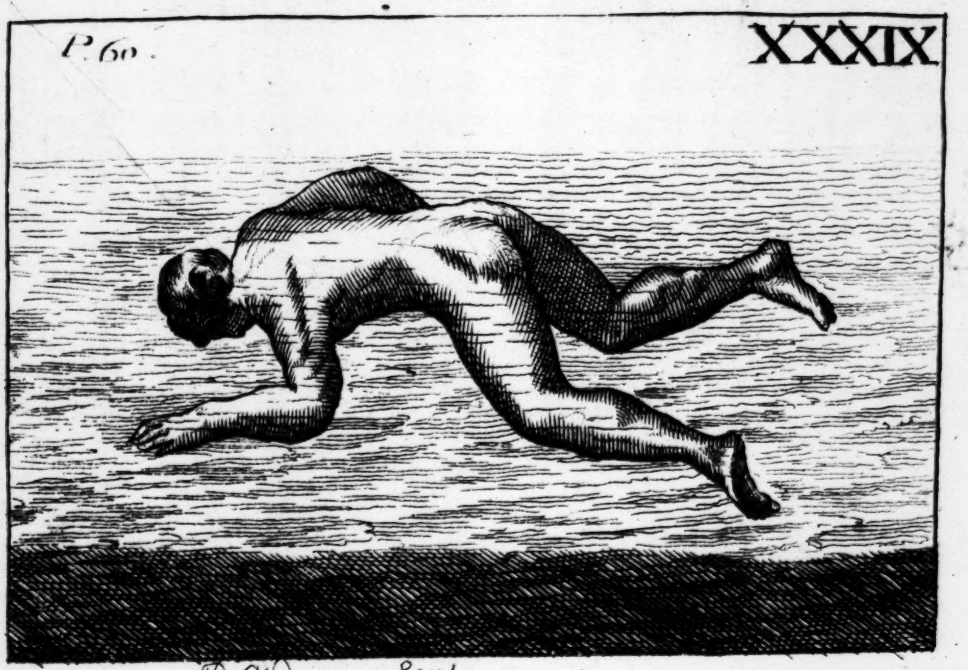
### *The Agility of the Dolphin.*

THIS way teaches to deſcend and come up again in the water to take breath, and after having reſpired, to dive down again. You may Swim fifty paces under water in the ſummer, without taking breath, which has ſaved many people's lives. After two or three ſtrokes you muſt dive, the deeper the better and more ſafe, ſo you have the light; you may advance forward, or keep yourſelf under water in the ſame place as long as you can hold your breath; when you can hold it no longer you come up to breathe, and then dive again, as often as the neceſſity of reſpiration requires. There are ſeveral ſorts of dangers which may oblige us to take this method.

*F I N I S.*

P. 60.

XXXIX



B. Warren. Sculp.

B L

BOOKS *printed for* JOHN LEVER, *at Little Moorgate, London-Wall, near Moorfields.*

1. THE Death of ABEL, in Five Books, attempted from the German of Mr. Geſſner. Price only 6d. Containing the whole of it.

2. The Art of Shooting Flying, a Poem. 1s.

3. *The Huſband Forced to be Jealous*, or the Good Fortune of thoſe that have Jealous Huſbands. 1s.

4. The Voyage and Wonderful Adventures of the Little Spaniard, Domingo Gonzale, to the World in the Moon. Price 1s.

5. The Uncommon Adventures of Captain Jones to Patagonia, of his overcoming Giant Neir a Puny &c. Price 1s.

6. *Low Life:* Or, one Half of the World knows not how the other Half Live; being a critical Account of what is tranſacted by People of almoſt all Religions, Nations, Circumſtances, and Sizes of Underſtanding in the 24 Hours, between *Saturday* Night and *Monday* Morning. In a true Deſcription of a *Sunday*, as it is uſually ſpent within the Bills of Mortality, calculated for the 21ſt of *June*. With an Addreſs to Mr. *Hogarth*. "Let Fancy gueſs the reſt. *Buckingham*." The third Edition, adorned with a droll humorous Frontiſpiece of St. *Monday*. Price only 1s. 6d.

The above Book is one of the Cheapeſt and moſt Entertaining that ever was Publiſhed; the many Thouſand Copies that have been Sold in a ſhort Time, ſufficiently teſtify for it.

7. *The*

7. *The Life and Adventures of Robinſon Cruſoe, Mariner of York.* Containing a Variety of Surprizing Adventures, in Fortunes and Misfortunes. Adorned with many Cuts. Price 6d.

8. The Life and Adventures of John Cockburn, and five others, over 2000 Miles in South-America. Price 1s. 6d.

9. *The Amours of Carlo Khan*: Interſperſed with curious Anecdotes and Bon Mots of many diſtinguiſhed Perſonages. Price 2s. 6d.

Where may be had all Sorts of Stationary Wares, and Books neatly Bound, Prints and Maps, Prints framed and glazed, Paintings cleaned and repaired in a beautiful Manner, alſo Printing in General expeditiouſly performed.

BL
30.11.82.